

Full week of workouts- Dumbbells only

Hi! This program will take you through a full week of workouts you can do at home! All you need is a pair of dumbbells! Below I listed four days. You can do them in any order you wish, as many times as you'd like in a week. However, remember that rest days are just as important as training days! Include at least one rest day in between the days.

For example, work out Monday & Tuesday. Take a rest day on Wednesday. Work out Thursday & Friday. Have the weekend off, maybe go for a walk or ride your bike for active rest days.

This program is great for beginners or advanced lifters, you would just need to adjust the weight and reps to fit your goals/current level of fitness. If you choose to stick to this program do it for at least three weeks. The exact same reps/weight for three weeks. Progress comes with consistency!

Don't forget to properly warm up and stretch before & after the workouts. You can't stay consistent if you get injured so take care of yourself!

If you're unsure of any workout, I have attached a hyperlink with a video to help you have the correct form. I have also written down the main pointers I want you to keep in mind. Correct form is key to getting the best workout & to avoid injury! You can't get gains if you're injured so be safe. 😊

Anyways— hope you enjoy the program. Pair this exercise routine with a balanced diet and enough water and you will notice results in days! Thank you & good luck!

-Samantha A.

-NFPT certified Personal Trainer

*warm up, active stretches and static stretches are the same for every single day so I've only written it in detail for the first day. The only thing that changes is the activation and the workout for each day.

Day 1: upper body

Warm up: 3-5 minute jog/walk. Alternate between jogging and walking until you bring your heart rate up and you feel your blood flow circulating to all your muscles.

Stretch: 2-3 minutes of [active stretches](#). Stretch from the neck all the way to the ankles. Active stretches mean you are not holding a single stretch for too long, you're moving around and simply getting all joints and muscles ready for work.

Activation: 10 burpees

Workout: for this workout you will just need dumbbells. I will suggest a weight/ rep range here but you can of course change the weights/ reps depending on what you have at home! Remember; the heavier you go the less reps you should do. And if something feels too easy but you don't have heavier weights, just increase the reps until you feel the burn! Have a great workout

1. [Bicep curl to shoulder press](#)
3 sets of 12
5-10 lb dumbbells
Curl DB to chest (bicep) and then push weights over the head (shoulders)
2. [Bent over back row](#)
3 sets of 12
10-15 lbs
Hinge over at the hips, use arms to move dumbbell towards belly button. Squeeze shoulder blades at the top of the contraction
3. [Overhead tricep extension](#)
3 sets of 12
10-15 lbs
Hold 1 dumbbell overhead with both arms, maintain arms pressed against the ears. Only move the forearms down towards the ground and then extend up only using triceps
4. [Chest press](#)
3 sets of 12
10-15 lbs
Lay down flat on ground or bench, bring arms to sides of body and then push the dumbbells right above chest. Move and angle your arms the way you would perform a push up
5. [Shoulder raises](#)
2 sets of 10 LATERAL raises
2 sets of 10 FORWARD raises
5 lbs
Stand up tall, bend the elbows slightly and raise the arms either straight to the side (lateral) or straight out in front of you (forward). Don't bring arms up above 90, shoulder height is enough.
6. [Plank](#)
2 sets of 30 second plank hold
On elbows or straight arms, tuck in hips, tighten core, and take deep breaths into the core.

Stretch: now you will do [static stretches](#) for 3-5 minutes. You will not hold each stretch for 15-30 seconds. Focus mostly on the upper body, but do whatever stretches you feel you'd need. You want to loosen up any tight muscles.

Day 2: lower body

Warm up & [stretch](#)

Activation: 10 body weight squats. 10 body weight walking lunges (5 each leg)

Workout:

1. [Deadlifts \(Romanian\)](#)
3 sets of 10-15
10-20 lbs
Bend knees slightly, never lock them. Hinge at the hips maintaining a strong core, keep dumbbells close to legs at all times. Using your hamstrings to move the weight.
2. [Squats](#)
3 sets of 10-15
10-20 lbs
Hold dumbbells by chest or shoulders, wherever feels the most comfortable for you. Maintain a tight core and bend the knees into a squat— remember the knee should never go over the toes; if it is, you're not leaning back far enough. Push the floor with your heels at all times.
3. [Walking lunges](#)
3 sets of 16-20
5-20 lbs
Hold dumbbells right at your sides, take a wide step forwards and bend your back knee until it's about an inch away from the floor. Then, using the front heel push your self back up and close legs. Take a step with the other foot now and repeat. Both legs should get the same amount of reps so choose an even number!
4. [Hip thrusts/ bridges](#)
3 sets of 15-20
5-20 lbs
Lay down flat on the ground and place dumbbell on top of hips. Bend knees and place feet flat on ground. Push heels against floor until your hips go up as high as you can. Use padding/ a pillow on your hips if the dumbbell feels uncomfortable. If you have a bench or other surface, place shoulder blades/ mid back on the bench and feet on ground for more range of motion.
5. [Sumo squats](#)
3 sets of 10-15
5-20 lbs
Open feet wider than shoulder width and point toes outward. Hold either two dumbbells by shoulders or one heavier dumbbell in between legs. Push up with heels and go as low as you can. The wider you go the more you'll feel it in the inner thigh. The more you point your toes out the more you will feel it in the glutes. Adjust stance as needed
6. [Wall sit](#)
2 sets of 30 second hold
Back should be flat against wall, heels flat on ground. The lower you go the more your muscles will have to work. Push through and build that muscular endurance!

[Static Stretch](#)

Day 3: cardio

Warm up & [stretch](#)

Activation: 10 inchworms

Workout: You will perform 3-4 rounds of this circuit. Do each exercise for at least 20 seconds. If that's too easy increase the time to 30-40 seconds per exercise. Use a timer! Don't just count in your head. Keep the rest time in between exercises short (15-20 seconds) and rest for 1-2 minutes after each round. Breathe in through your nose, stay hydrated, and give it your all!!

*recommended times: 20 seconds of work/ 20 seconds of rest. 2 minute recovery. 3 rounds

(+) this means you can add weight if you want.

1. [Push ups](#)
2. [Burpees](#)
3. [Walking lunges \(+\)](#)
4. [Frog jumps](#) (if you have bad knees just do a squat pulses, no jumping)
5. [Plank shoulder taps](#)
6. [Mountain climbers](#)

[Stretch](#)

Day 4: full body

Warm up & [stretch](#)

Activation: 15 push ups (break it up into smaller sets if needed, just get 15 reps done total)

Workout: perform 3-4 rounds of the following circuit. Reps/ weights can be adjusted based on your own needs. A good rule of thumb for choosing weights/ reps is that the exercise should feel hard 2 reps before you're done. For example if I'm doing 10 squats; I should feel the burn by the 6th squat. It should get hard by the 8th rep. My last two reps should be difficult but doable. Increase/decrease weight or reps based on that rule.

1. [Squat to shoulder press](#)
10-15 reps
5-10 lbs
Hold dumbbells by shoulders. Perform a full squat. After the squat press the dumbbells above the head using shoulders and then return arms to starting position (by shoulders). Repeat the squat
2. [Bent over back row](#)
10-20 reps
5-15 lbs
Hinge at the hips and row dumbbells towards belly button. The back is a big muscle so challenge yourself by doing higher reps
3. [Sit ups](#)
10-15 reps
No weight
4. Calf raises
15-20 reps
5-15 lbs
Hold dumbbells to your sides, push up to your tippy toes and contract the calf muscle. Don't let your ankles roll to the sides, maintain a straight form.
5. [Russian twists](#)
16-20 reps
No weight or 5 lbs
Lean back and sit on tailbone. Rotate your body side to side using your obliques. Don't do this quickly, really focus on the contraction or your side abs to rotate your body.
6. [Skull crushers](#)
10-15 reps
5-10 lbs
Lay down flat on ground and raise arms above chest. Begin to lower dumbbell towards your forehead and control the movement with your triceps. Stop right before the weight touches your head. Return dumbbells to starting position using only triceps. ONLY the forearms should move, your arm stays in place.

[Stretch](#)