

6 Week Beginners Dumbbell Workout Plan

PULL

Muscle Group	Exercise	Reps	Rest
Week 1 & 2			
Back	Single Arm Rows	3x10	45 Seconds
	Dumbbell Deadlift	3x10	45 Seconds
	Shrugs	3x10	45 Seconds
Biceps	Hammer Curl	3x10	45 Seconds
	Standard Curls	3x10	45 Seconds
Week 3 & 4			
Back	Bent Row	3x10	45 Seconds
	Dumbbell Deadlift	3x10	45 Seconds
	Rear Delt Flyes	3x10	45 Seconds
	Farmers Walk	3x10	45 Seconds
Biceps	Hammer Curl	3x10	45 Seconds
	Concentration Curl	3x10	45 Seconds
Week 5 & 6			
Back	Renegade Rows	3x10	45 Seconds
	Dumbbell Deadlift	3x10	45 Seconds
	Farmers Walk	3x10	45 Seconds
	Rear Delt Rows	3x10	45 Seconds
Biceps	Hammer Curl	3x10	45 Seconds
	Concentration Curls	3x10	45 Seconds

PULL

Muscle Group	Exercise	Reps	Rest
Week 1 & 2			
Chest	Chest Press	4x12	45 Seconds
	Dumbbell Flyes	4x12	45 Seconds
	Straight Arm Pullover	4x12	45 Seconds
Shoulders	Shoulder Press	4x12	45 Seconds
	Front Raise	4x12	45 Seconds
	Lateral Raise	4x12	45 Seconds
Triceps	Overhead Extensions	4x12	45 Seconds
	Close Grip Bench	4x12	45 Seconds
Week 3 & 4			
Chest	Decline Bench Press	4x12	45 Seconds
	Incline Bench Press	4x12	45 Seconds
	Flyes	4x12	45 Seconds
	Incline Flyes	4x12	45 Seconds
Shoulders	Shoulder Press	4x12	45 Seconds
	Front Raise	4x12	45 Seconds
	Lateral Raise	4x12	45 Seconds
Triceps	Mule Kicks/Kickbacks	4x12	45 Seconds
	Close Grip Bench	4x12	45 Seconds
Week 5 & 6			
Chest	Decline Bench Press	4x12	45 Seconds
	Incline Bench Press	4x12	45 Seconds
	Flyes	4x12	45 Seconds
	Pullovers	4x12	45 Seconds
Shoulders	Arnold Press	4x12	45 Seconds
	Front Raise	4x12	45 Seconds
	Lateral Raise	4x12	45 Seconds
Triceps	Skull Crushers	4x12	45 Seconds
	Close Grips Bench	4x12	45 Seconds

LEGS

Muscle Group	Exercise	Reps	Rest
Week 1 & 2			
Legs	Goblet Squats	4x12	45 Seconds
	Deadlifts	4x12	45 Seconds
	Lunges	4x12	45 Seconds
	Lateral Lunges	4x12	45 Seconds
	Calf Raises	4x12	45 Seconds
Week 3 & 4			
Legs	Goblet Squats	4x12	45 Seconds
	Single-Leg Deadlifts	4x12	45 Seconds
	Reverse Lunges	4x12	45 Seconds
	Lateral Lunges	4x12	45 Seconds
	Seated Calf Raises	4x12	45 Seconds
Week 5 & 6			
Legs	Split Squats	4x12	45 Seconds
	Single-Leg Deadlifts	4x12	45 Seconds
	Lunges with Pass	4x12	45 Seconds
	Lateral Lunges	4x12	45 Seconds
	Seated Calf Raises	4x12	45 Seconds

For help follow the links below:

<https://www.exercise.co.uk/learn/6-week-beginners-dumbbell-workout-plan/>