



# 15 At-Home Dumbbell Workouts

In this guide, you'll find dumbbell workouts you can do at home. These workouts are organized by workout type — full body, upper body, and lower body — as well as by length, so that you can always find a workout to fit the time you have available to you, whether that's 10, 15, 20, 25, or 30 minutes.

You can navigate directly to the workout you want by clicking the link below:

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## UPPER BODY DUMBBELL WORKOUTS:

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# FULL-BODY WORKOUTS



## 10 Minute Full-Body Dumbbell Workout

Set a timer for 10 minutes. Perform 8 reps of each exercise for the first round, then 7 reps for the second round, then 6... working your way down to 1 rep for each exercise, or until the timer goes off. Rest 5 to 10 seconds between each exercise, or as needed.

1. Dumbbell hang cleans to thrusters
2. Dumbbell single-leg Romanian deadlifts to rows (complete all reps on each side)



## 15 Minute Full-Body Dumbbell Workout

Set a timer for 15 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 1 to 2 minutes between each round.

1. Perform 8 1.5-rep dumbbell goblet squats.
2. Perform 8 one-arm dumbbell bent-over rows on each side.
3. Perform 8 single-leg dumbbell Romanian deadlifts with kickstand on each side.
4. Perform 8 1.5-rep dumbbell floor presses.



## 20 Minute Full-Body Dumbbell Workout

Set a timer for 20 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 1 to 2 minutes between each round.

1. Perform 10 bodyweight walk-outs to push-ups.
2. Perform 10 dumbbell goblet squats.
3. Perform 10 dumbbell bent-over rows.
4. Perform 10 dumbbell Romanian deadlifts.
5. Perform 10 dumbbell overhead presses.



## 25 Minute Full-Body Dumbbell Workout

Set a timer for 25 minutes. Perform 8 reps of each exercise for the first round, then 10 reps for the second round, then 12... working your way up until the timer goes off. Rest 15 to 30 seconds between each exercise, and 1 to 2 minutes between each round. Do as many rounds as you can with good form in 25 minutes.

1. **Dumbbell single-leg Romanian deadlifts** (complete all reps on each side)
2. **Dumbbell lateral raises**
3. **Walking lunges** (complete all reps on each side, alternating)
4. **Biceps curls**



## 30 Minute Full-Body Dumbbell Workout

Set a timer for 30 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 1 to 2 minutes between each round.

1. Perform **12 dumbbell goblet squats**.
2. Perform **12 dumbbell overhead presses**.
3. Perform **12 dumbbell Romanian deadlifts**.
4. Perform **12 dumbbell bent-over rows**.
5. Perform **12 jumping alternating bodyweight lunges** (or regular split squats) on each side.



## UPPER BODY WORKOUTS



### 10 Minute Upper Body Dumbbell Workout

Set a timer for 10 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 60 seconds between each round.

1. Perform **8 biceps curls to overhead presses.**
2. Perform **8 dumbbell pullovers.**
3. Perform **8 1.5-rep floor presses.**
4. Perform **8 alternating bent-over rows on each side.**



### 15 Minute Upper Body Dumbbell Workout

Set a timer for 15 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 60 seconds between each round.

1. Perform **10 1.5-rep floor presses.**
2. Perform **10 renegade rows on each side.**
3. Perform **10 lying dumbbell triceps extensions.**
4. Perform **10 dumbbell lateral raises.**



### 20 Minute Upper Body Dumbbell Workout

Set a timer for 20 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 60 seconds between each round.

1. Perform **10 dumbbell thrusters.**
2. Perform a **dumbbell farmer's carry for 15 paces.**
3. Perform **10 renegade rows on each side.**
4. Perform a **dumbbell farmer's carry for 15 paces.**



## 25 Minute Upper Body Dumbbell Workout

Set a timer for 25 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 60 seconds between each round.

1. Perform **10 dumbbell hang cleans to thrusters**.
2. Perform **10 dumbbell bent-over rows**.
3. Perform **10 1.5-rep chest presses**.
4. Perform **10 dumbbell biceps curls**.
5. Perform **10 lying dumbbell triceps extensions**.



## 30 Minute Upper Body Dumbbell Workout

Set a timer for 30 minutes. Perform 8 to 10 reps of each exercise, resting 60 seconds between each. Aim to complete 4 to 6 rounds of this circuit in 30 minutes.

1. **Alternating dumbbell bench presses** (complete all reps on each side, alternating)
2. **Dumbbell pullovers**
3. **Biceps curls to overhead presses**
4. **One-arm bent-over rows** (complete all reps on each side)
5. **Slow mountain climbers** (complete all reps on each side, alternating)



## LOWER BODY WORKOUTS



### 10 Minute Lower Body Dumbbell Workout

Set a timer for 10 minutes. Perform 10 reps of each exercise for the first round, then 8 reps for the second round, then 6... working your way down with each round until the timer goes off. Aim to have at least three rounds completed with good form in 10 minutes.

1. 1.5-rep Romanian deadlifts
2. Dumbbell goblet squats
3. Dumbbell split squats (complete all reps on each side)



### 15 Minute Lower Body Dumbbell Workout

Set a timer for 15 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 1 to 2 minutes between each round.

1. Perform 10 dumbbell front squats.
2. Perform 10 1.5-rep single-leg Romanian deadlifts with kickstand.
3. Perform 10 dumbbell split squats on each side.
4. Perform 10 dumbbell glute bridges.



### 20 Minute Lower Body Dumbbell Workout

Set a timer for 15 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 1 to 2 minutes between each round.

1. Perform 10 dumbbell Bulgarian split squats on each side.
2. Perform 10 dumbbell glute bridges.
3. Perform 10 dumbbell reverse lunges on each side.
4. Perform 10 marching planks on each side (alternating).



## 25 Minute Lower Body Dumbbell Workout

Set a timer for 25 minutes. Perform 8 to 10 reps of each exercise, resting 60 seconds between each. Aim to complete 4 to 6 rounds of this circuit in 25 minutes.

1. **Dumbbell front squats**
2. **1.5-rep Romanian deadlifts**
3. **Walking lunges** (complete all reps on each side, alternating)
4. **Dumbbell glute bridges**
5. **Jump squats**



## 30 Minute Lower Body Dumbbell Workout

Set a timer for 30 minutes. Perform 10 reps of each exercise, resting 30 seconds between each. Aim to complete 4 to 6 rounds of this circuit in 30 minutes.

1. Perform **10 dumbbell lateral lunges each side.**
2. Perform **10 dumbbell hip thrusts.**
3. Perform **10 dumbbell step-ups each side.**
4. Perform **10 single-leg dumbbell Romanian deadlifts each side.**

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