BUILDING MUSCLE 101

Dumbbell Workout Routine

Workout Overview

The following dumbbell workout routine will help strengthen and build muscle mass. Perform this routine 3 times per week for best results. The routine uses basic equipment and dumbbells so you don't need any special machines or other gym equipment. This is an intermediate/advanced dumbbell routine.

Warm Up

The warm up prepares your body for increased physical demands and helps to reduce the chance of injury. A typical warm up might include light stretching and/or low intensity cardiovascular exercise. A few minutes on a bike or treadmill is a great place to start! You could also try a 10 to 15 minute brisk walk.

Cool Down

A cool down period is recommended as it will allow the heart rate to return to its resting rate. This is important because it helps to prevent dizziness and fainting. During the cool down, you might perform activities similar to a warm up. The aim is to gradually decrease the intensity of your workout over the course of several minutes.

Training Sequence

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dumbbell Workout	Rest	Dumbbell Workout	Rest	Dumbbell Workout	Rest	Rest

Notes

Please make as many copies as you need of the workout charts listed below
It may be a good idea to store the charts in a folder and update as you progress.

For exercise descriptions and illustrations, see:
http://www.building-muscle101.com/Dumbbell-Exercise-Illustrations.html

DAY 1 MONDAYS DUMBBELL WORKOUT

WEEK ____/____/____ to ____/____/____ FOR: _____

GOALS _____

MONDAYS WORKOUT

Days: _____

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES
DUMBBELL BENCH PRESS	1	15			WARM UP
DUMBBELL BENCH PRESS	3	8			
INCLINE DUMBBELL PRESS	3	8			
DUMBBELL SQUATS	4	10			
ALTERNATE DUMBBELL CURLS	3	12			
DUMBBELL PULL OVER	3	12			
AB CRUNCHES	4	15			

CARDIO TRAINING

Days: _____

EXERCISES	TIME / DIST		TARGET HR	INTENSITY*	NOTES

*Intensity can be low / moderate / high

Notes:

DAY 3 WEDNESDAYS DUMBBELL WORKOUT

WEEK ____/____/____ to ____/____/____ FOR: _____

GOALS _____

WEDNESDAYS WORKOUT

Days: _____

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES
ARNOLD PRESS	1	15			WARM UP
ARNOLD PRESS	3	10			
ALTERNATE FRONT RAISE	3	12			
DUMBBELL ROWS	3	10			
STIFF LEG DEAD LIFTS	3	12			
AB CRUNCHES	4	15			

CARDIO TRAINING

Days: _____

EXERCISES	TIME / DIST		TARGET HR	INTENSITY*	NOTES

*Intensity can be low / moderate / high

Notes:

DAY 5 FRIDAYS DUMBBELL WORKOUT

WEEK ____/____/____ to ____/____/____ FOR: _____

GOALS _____

FRIDAYS WORKOUT

Days: _____

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES
DUMBBELL DEAD LIFTS	4	12			
INCLINE DUMBBELL PRESS	3	10			
DUMBBELL LUNGES	3	12			
ALTERNATE CURLS	3	12			
ONE ARM EXTENSIONS	3	12			
AB CRUNCHES	4	15			

CARDIO TRAINING

Days: _____

EXERCISES	TIME / DIST		TARGET HR	INTENSITY*	NOTES

*Intensity can be low / moderate / high

Notes:

Thank you for your interest in Building-Muscle 101's dumbbell workout routine. Here are some other workouts you may be interested in:

5 day workout plan:
building-muscle101.com/5_dayworkout.html

4 day workout plan:
http://www.building-muscle101.com/4_dayworkout.html

Dumbbell workout for beginners
http://www.building-muscle101.com/dumbbell_workout_beginner.html

Please fee free to share this workout

All the best,

Blake Bissaillion
building-muscle101.com