



Full Body Strength Workout (Dumbbell Only – Sets & Reps)

Training Style: Traditional strength training

Equipment: A pair of dumbbells

Rest: 60–90 seconds between sets

♦ Workout Overview

- **Total Exercises:** 8
 - **Split:** 2 Upper Body, 2 Lower Body, 2 Push/Pull Combo, 2 Core
 - **Goal:** Strength, Muscle Toning, Balanced Full-Body Activation
-



Workout Plan



Lower Body

1. Dumbbell Goblet Squat

- **4 sets x 8–10 reps**
- Focus: Quads, Glutes, Core stability
- Hold one dumbbell at chest level

2. Dumbbell Romanian Deadlift

- **4 sets x 10–12 reps**
 - Focus: Hamstrings, Glutes, Lower back
 - Keep a soft bend in knees and flat back
-

Upper Body

3. Dumbbell Chest Press (Floor or Bench)

- **3 sets x 8–10 reps**
- Focus: Chest, Triceps, Front Shoulders

4. Dumbbell One-Arm Row (per side)

- **3 sets x 10–12 reps each arm**
 - Focus: Back, Biceps
 - Support yourself on a bench or chair for form
-

Push/Pull Compound Moves

5. Dumbbell Shoulder Press

- **3 sets x 10 reps**
- Focus: Shoulders, Triceps
- Can be done standing or seated

6. Dumbbell Lunge (Alternating)

- **3 sets x 8–10 reps per leg**
 - Focus: Quads, Glutes, Balance
 - Option to hold dumbbells at your sides
-

Core / Stability

7. Dumbbell Russian Twists (Weighted)

- **3 sets x 20 reps (10 each side)**
- Focus: Obliques, Rotational strength

8. Dumbbell Dead Bug

- **3 sets x 10–12 reps**
 - Focus: Deep core, Coordination
 - Hold a dumbbell in each hand, extend opposite limbs
-



Cool Down Suggestions (Optional)

- Hip Flexor Stretch – 30 sec/side
- Seated Forward Fold – 30 sec
- Shoulder Stretch – 30 sec
- Cobra Stretch – 30 sec
- Child's Pose – 30–60 sec



Notes:

- Pick a dumbbell weight that challenges you **within the target rep range**.
- If you're new to lifting, **start with 2–3 sets**, then progress to 4 as you build strength.
- Perform this workout **2–3x per week** with at least one rest/recovery day in between.