

Dumbbell 8 Week Home Workout Plan

Disclaimer

You should always consult with a medical professional before beginning any exercise program. Furthermore, these free programs are not intended to diagnose, treat, or cure any condition or disease. Utilising the information within this program is at the sole choice and risk of the reader. If you engage in these exercise programs, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the author from any and all claims or causes of action, known or unknown, arising out of the contents of these programs. The author advises you to take full responsibility for your safety and to know your limits. Before practising the skills described in the workout section, the author recommends to consult with a personal trainer in person, to properly assess and advise correct form to prevent potential injuries occurring.

<p>This 8-week plan is a slightly simplified version of the workout plan that's included in my Weight Loss Program</p>	<p>Before you begin, please take some progress pictures, give it your ALL and see the incredible transformation you're capable of!</p>
<p>SHOP LINK</p>	

Week 1

FULL BODY #1

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Press Ups	3	8-15	3		Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Dumbbell Bent Over Rows	3	10-12	2		Knees slightly bent, pull from your elbows really engaging your back. Let your arms fully relax down each rep for full ROM.
Dumbbell Goblet Squats	3	8-12	3		Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Tricep Dips	3	8-12	2-3		Legs flexed 90 degrees makes this easier, legs straight increases difficulty. Ensure arms reach 90 degree bend each rep.
Dumbbell Lateral Raises	3	10-15	1-2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #2

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Dumbbell Chest Flys	3	10-12	2		May need to lay on something to prop your back up such as pillows, so your elbows can dip slightly below your shoulders. Arms slightly
Seated Bent Over Dumbbell Flys	3	10-12	2		Keep back straight while bent over. Slow and controlled, do not allow momentum to influence the movement.
Dumbbell Goblet Squats	3	8-12	3		Wide stance, try to get low enough to reach a 90 degree bend in the knee. Push through your heels without allowing them to lift off the
Dumbbell Skullcrushers	3	10-12	2		While laying down, keep your elbows in line with your head and don't move them throughout the movement.
Dumbbell Alternating Bicep Curls	3	10-12	2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.

Week 2

FULL BODY #1

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Press Ups	3	8-15	3		Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Dumbbell Bent Over Rows	3	10-12	2		Knees slightly bent, pull from your elbows really engaging your back. Let your arms fully relax down each rep for full ROM.
Dumbbell Goblet Squats	3	8-12	3		Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Tricep Dips	3	8-12	2-3		Legs flexed 90 degrees makes this easier, legs straight increases difficulty. Ensure arms reach 90 degree bend each rep.
Dumbbell Lateral Raises	3	10-15	1-2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #2

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Dumbbell Chest Flys	3	10-12	2		May need to lay on something to prop your back up such as pillows, so your elbows can dip slightly below your shoulders. Arms slightly
Seated Bent Over Dumbbell Flys	3	10-12	2		Keep back straight while bent over. Slow and controlled, do not allow momentum to influence the movement.
Dumbbell Goblet Squats	3	8-12	3		Wide stance, try to get low enough to reach a 90 degree bend in the knee. Push through your heels without allowing them to lift off the
Dumbbell Skullcrushers	3	10-12	2		While laying down, keep your elbows in line with your head and don't move them throughout the movement.
Dumbbell Alternating Bicep Curls	3	10-12	2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.

Week 3

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Press Ups	3	8-15	3		Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Single Arm Dumbbell Row	3	8-10	3		Hold onto a raised surface in front of you. Lower dumbbell then pull it back towards your pocket. Minimal bicep useage, pull from your
Dumbbell Overhead Press	3	10-12	3		With an overhand grip, hold the dumbbells at shoulder level then press upwards until arms are straight. Engage core for stability.
Dumbbell Lateral Raises	3	10-15	1-2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Dumbbell Skullcrushers	3	10-12	2		While laying down, keep your elbows in line with your head and don't move them throughout the movement.
Dumbbell Alternating Hammer Curls	3	10-12	2		Dumbbells should come across your body one at a time. Keep elbows fixed with no momentum.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Dumbbell Goblet Squats	3	8-12	3		Wide stance, try to get low enough to reach a 90 degree bend in the knee. Push through your heels without allowing them to lift off the
Dumbbell Sumo Squats	3	8-12	3		Wider stance than goblet squats with feet turned more outwards. Dumbbell to be hanging so it almost touches floor when lowering.
Dumbbell Romanian Deadlifts	3	8-10	2		Slight bend in the knees, keep a straight back while lowering and pushing hips back, if no stretch in the hamstrings, straighten your
Calf Raises	3	10-14	2		Can use bodyweight or add holding dumbbell(s). Bottom step of a staircase is great for allowing your heel to drop lower than your toes.
Sit Ups	3	8-15	3		Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Dumbbell Chest Flys	3	10-12	2		May need to lay on something to prop your back up such as pillows, so your elbows can dip slightly below your shoulders. Arms slightly
Seated Bent Over Dumbbell Flys	3	10-12	2		Keep back straight while bent over. Slow and controlled, do not allow momentum to influence the movement.
Dumbbell Lateral Raises	3	10-15	1-2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Dumbbell Alternating Bicep Curls	3	10-12	2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Dumbbell Walking Lunges	3	8-15	3		Dumbbells are optional. Keep your weight dominant on your front heel during the movement. Engage core to keep a straight back

Week 4

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Press Ups	3	8-15	3		Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Single Arm Dumbbell Row	3	8-10	3		Hold onto a raised surface in front of you. Lower dumbbell then pull it back towards your pocket. Minimal bicep useage, pull from your
Dumbbell Overhead Press	3	10-12	3		With an overhand grip, hold the dumbbells at shoulder level then press upwards until arms are straight. Engage core for stability.
Dumbbell Lateral Raises	3	10-15	1-2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Dumbbell Skullcrushers	3	10-12	2		While laying down, keep your elbows in line with your head and don't move them throughout the movement.
Dumbbell Alternating Hammer Curls	3	10-12	2		Dumbbells should come across your body one at a time. Keep elbows fixed with no momentum.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Dumbbell Goblet Squats	3	8-12	3		Wide stance, try to get low enough to reach a 90 degree bend in the knee. Push through your heels without allowing them to lift off the
Dumbbell Sumo Squats	3	8-12	3		Wider stance than goblet squats with feet turned more outwards. Dumbbell to be hanging so it almost touches floor when lowering.
Dumbbell Romanian Deadlifts	3	8-10	2		Slight bend in the knees, keep a straight back while lowering and pushing hips back, if no stretch in the hamstrings, straighten your
Calf Raises	3	10-14	2		Can use bodyweight or add holding dumbbell(s). Bottom step of a staircase is great for allowing your heel to drop lower than your toes.
Sit Ups	3	8-15	3		Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Dumbbell Chest Flys	3	10-12	2		May need to lay on something to prop your back up such as pillows, so your elbows can dip slightly below your shoulders. Arms slightly
Seated Bent Over Dumbbell Flys	3	10-12	2		Keep back straight while bent over. Slow and controlled, do not allow momentum to influence the movement.
Dumbbell Lateral Raises	3	10-15	1-2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Dumbbell Alternating Bicep Curls	3	10-12	2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Dumbbell Walking Lunges	3	8-15	3		Dumbbells are optional. Keep your weight dominant on your front heel during the movement. Engage core to keep a straight back

**You're doing great! It's now time to up the intensity,
I hope you're ready for the challenge!**

Week 5

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Press Ups	3	8-15	3		Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Single Arm Dumbbell Row	3	8-10	3		Hold onto a raised surface in front of you. Lower dumbbell then pull it back towards your pocket. Minimal bicep useage, pull from your
Dumbbell Overhead Press	3	10-12	3		With an overhand grip, hold the dumbbells at shoulder level then press upwards until arms are straight. Engage core for stability.
Dumbbell Lateral Raises	3	10-15	1-2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Dumbbell Skullcrushers	3	10-12	2		While laying down, keep your elbows in line with your head and don't move them throughout the movement.
Dumbbell Alternating Hammer Curls	3	10-12	2		Dumbbells should come across your body one at a time. Keep elbows fixed with no momentum.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Dumbbell Goblet Squats	3	8-12	3		Wide stance, try to get low enough to reach a 90 degree bend in the knee. Push through your heels without allowing them to lift off the
Dumbbell Sumo Squats	3	8-12	3		Wider stance than goblet squats with feet turned more outwards. Dumbbell to be hanging so it almost touches floor when lowering.
Dumbbell Romanian Deadlifts	3	8-10	2		Slight bend in the knees, keep a straight back while lowering and pushing hips back, if no stretch in the hamstrings, straighten your
Calf Raises	3	10-14	2		Can use bodyweight or add holding dumbbell(s). Bottom step of a staircase is great for allowing your heel to drop lower than your toes.
Sit Ups	3	8-15	3		Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Dumbbell Chest Flys	3	10-12	2		May need to lay on something to prop your back up such as pillows, so your elbows can dip slightly below your shoulders. Arms slightly
Seated Bent Over Dumbbell Flys	3	10-12	2		Keep back straight while bent over. Slow and controlled, do not allow momentum to influence the movement.
Dumbbell Lateral Raises	3	10-15	1-2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Dumbbell Alternating Bicep Curls	3	10-12	2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Dumbbell Walking Lunges	3	8-15	3		Dumbbells are optional. Keep your weight dominant on your front heel during the movement. Engage core to keep a straight back

Week 6

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Press Ups	3	8-15	3		Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Single Arm Dumbbell Row	3	8-10	3		Hold onto a raised surface in front of you. Lower dumbbell then pull it back towards your pocket. Minimal bicep useage, pull from your
Dumbbell Overhead Press	3	10-12	3		With an overhand grip, hold the dumbbells at shoulder level then press upwards until arms are straight. Engage core for stability.
Dumbbell Lateral Raises	3	10-15	1-2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Dumbbell Skullcrushers	3	10-12	2		While laying down, keep your elbows in line with your head and don't move them throughout the movement.
Dumbbell Alternating Hammer Curls	3	10-12	2		Dumbbells should come across your body one at a time. Keep elbows fixed with no momentum.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Dumbbell Goblet Squats	3	8-12	3		Wide stance, try to get low enough to reach a 90 degree bend in the knee. Push through your heels without allowing them to lift off the
Dumbbell Sumo Squats	3	8-12	3		Wider stance than goblet squats with feet turned more outwards. Dumbbell to be hanging so it almost touches floor when lowering.
Dumbbell Romanian Deadlifts	3	8-10	2		Slight bend in the knees, keep a straight back while lowering and pushing hips back, if no stretch in the hamstrings, straighten your
Calf Raises	3	10-14	2		Can use bodyweight or add holding dumbbell(s). Bottom step of a staircase is great for allowing your heel to drop lower than your toes.
Sit Ups	3	8-15	3		Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Dumbbell Chest Flys	3	10-12	2		May need to lay on something to prop your back up such as pillows, so your elbows can dip slightly below your shoulders. Arms slightly
Seated Bent Over Dumbbell Flys	3	10-12	2		Keep back straight while bent over. Slow and controlled, do not allow momentum to influence the movement.
Dumbbell Lateral Raises	3	10-15	1-2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Dumbbell Alternating Bicep Curls	3	10-12	2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Dumbbell Walking Lunges	3	8-15	3		Dumbbells are optional. Keep your weight dominant on your front heel during the movement. Engage core to keep a straight back

Week 7

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Press Ups	3	8-15	3		Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Single Arm Dumbbell Row	3	8-10	3		Hold onto a raised surface in front of you. Lower dumbbell then pull it back towards your pocket. Minimal bicep useage, pull from your
Dumbbell Overhead Press	3	10-12	3		With an overhand grip, hold the dumbbells at shoulder level then press upwards until arms are straight. Engage core for stability.
Dumbbell Lateral Raises	3	10-15	1-2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Dumbbell Skullcrushers	3	10-12	2		While laying down, keep your elbows in line with your head and don't move them throughout the movement.
Dumbbell Alternating Hammer Curls	3	10-12	2		Dumbbells should come across your body one at a time. Keep elbows fixed with no momentum.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Dumbbell Goblet Squats	3	8-12	3		Wide stance, try to get low enough to reach a 90 degree bend in the knee. Push through your heels without allowing them to lift off the
Dumbbell Sumo Squats	3	8-12	3		Wider stance than goblet squats with feet turned more outwards. Dumbbell to be hanging so it almost touches floor when lowering.
Dumbbell Romanian Deadlifts	3	8-10	2		Slight bend in the knees, keep a straight back while lowering and pushing hips back, if no stretch in the hamstrings, straighten your
Calf Raises	3	10-14	2		Can use bodyweight or add holding dumbbell(s). Bottom step of a staircase is great for allowing your heel to drop lower than your toes.
Sit Ups	3	8-15	3		Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Dumbbell Chest Flys	3	10-12	2		May need to lay on something to prop your back up such as pillows, so your elbows can dip slightly below your shoulders. Arms slightly
Seated Bent Over Dumbbell Flys	3	10-12	2		Keep back straight while bent over. Slow and controlled, do not allow momentum to influence the movement.
Dumbbell Lateral Raises	3	10-15	1-2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Dumbbell Alternating Bicep Curls	3	10-12	2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Dumbbell Walking Lunges	3	8-15	3		Dumbbells are optional. Keep your weight dominant on your front heel during the movement. Engage core to keep a straight back

Week 8

FULL BODY #1

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Press Ups	3	8-15	3		Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Dumbbell Bent Over Rows	3	10-12	2		Knees slightly bent, pull from your elbows really engaging your back. Let your arms fully relax down each rep for full ROM.
Dumbbell Goblet Squats	3	8-12	3		Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Dumbbell Lateral Raises	3	10-15	1-2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Calf Raises	3	10-14	2		Can use bodyweight or add holding dumbbell(s). Bottom step of a staircase is great for allowing your heel to drop lower than your toes.

FULL BODY #2

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Dumbbell Chest Flys	3	10-12	2		May need to lay on something to prop your back up such as pillows, so your elbows can dip slightly below your shoulders. Arms slightly
Seated Bent Over Dumbbell Flys	3	10-12	2		Keep back straight while bent over. Slow and controlled, do not allow momentum to influence the movement.
Dumbbell Goblet Squats	3	8-12	3		Wide stance, try to get low enough to reach a 90 degree bend in the knee. Push through your heels without allowing them to lift off the
Dumbbell Skullcrushers	3	10-12	2		While laying down, keep your elbows in line with your head and don't move them throughout the movement.
Dumbbell Alternating Bicep Curls	3	10-12	2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Enjoy your final walk of the program. Hopefully you've benefited from getting out and active a little more.

Congratulations on completeing the workout plan!

**I hope you've taken some progress pictures, tag me on socials and let me see your progress!
#FitManMode**

<https://linktr.ee/ryannettleship>