



DUMBBELL TRAINING PROGRAM – 3X A WEEK

WEIGHTROOM, STUDIOS, CARDIO, AT HOME

Helpful Information

This is a four-week full body dumbbell strength training program focusing on progression to be done in the studio, weight room or cardio room.

- The program is set up to train **3 days a week**. Each week the exercises will stay the same, however, the weights and rep schemes will slightly change. This will allow for **progressive overload** – gradually increasing the stress placed on your body which will continuously improve your performance over time. By continually challenging your body with progressively more difficult workouts, you will see more gains in strength. This is accomplished by increasing weight, increasing repetitions or sets, or slowing down your movement. Generally, as weights are increased, the repetitions performed will decrease.
- **Rest and recovery days are important** in a strength training program. It is while the muscles are recovering, resting and repairing that they develop and get stronger. To get the most benefit out of this program, focus on recovery on the off days- getting **7-8 hours of sleep**, eating a **healthy diet** with protein at each meal, easy walking **7000-8000 steps a day** and incorporating **mobility, stretching or yoga**.
- **Track your workouts** using a notebook, your phone, or the printable planner at the end of this PDF.
- **Listen to your body!** If you are struggling with the prescribed weights and reps, it is all right to adjust to them and still work at a challenging level.
- When you have completed the 4-week cycle, you can **repeat** it increasing the weights and adjusting the reps as needed.
- Beginners can do **1-2 easy warmup sets** either bodyweight or light weight before doing 2-3 sets at your working weight
- If you have any questions about using or setting up the equipment, **scan the QR code on the equipment** for help.





PROGRAM BREAKDOWN

WEEK 1 & 2

ESTABLISH A BASELINE

The first 2 weeks of this program should enable you to work on **form and technique**, learn to use the equipment and become comfortable with the routine. Follow the same routine for each day

WEEK 3

INCREASE WEIGHTS

This week, do the same exercises each day but **increase the weights 5-10%**. Aim to complete the same repetitions of the movements but it is okay to do fewer reps due to the increased weights.

WEEK 4

MODIFY REPETITIONS

Keep the same weights as Week 3 and change your rep scheme. **Try adding 1-2 reps** using good form to each exercise. For example, if you did 8-10 reps in Week 3, aim for 9-11 in Week 4.



DAY 1

WARM UP

- **3-5 minutes cardio** of choice on either the treadmill, spin bike, ski erg or rowing machine.

- Follow that with some **dynamic stretching/movement**

[Click for Video - Dynamic Warm Up](#)

WORKOUT

- **Squat- racked** 10 reps x 3 sets
[Click for Video - DB Front Squat](#)
- **Push-up** 6-10 reps x 3 sets (elevate hands as needed)
[Click for Video - Push-up](#)
- **DB Bent over row** 10 reps x 3 sets
[Click for Video - Bent Over Row](#)

- **DB Shoulder press** 10 reps x 3 sets
[Click for Video - Overhead Press](#)
- **DB Curl** 10 reps x 3 sets
[Click for Video - Dumbbell Biceps Curl](#)
- **DB Tricep Overhead Extension or Skullcrusher** 10 reps x 2-3 sets
[Click for Video - Overhead Extension](#)
[Click for Video - DB Skullcrusher](#)
- **Deadbug 8-10 reps/side x 2-3 sets**
[Click for Video - Deadbug](#)



DAY 2

REST AND WALK

7000 - 8000 steps



DAY 3

WARM UP

- **3-5 minutes cardio** of choice on either the treadmill, spin bike, ski erg or rowing machine.
- Follow that with some **dynamic stretching/movement**
[Click for Video - Dynamic Warm Up](#)

WORKOUT

- **DB Romanian Deadlift** 10 reps x 3 sets
[Click for Video - DB Romanian Deadlift](#)
- **DB Chest Press - Flat** 10 reps x 3 sets
[Click for Video - DB Chest Press](#)
- **DB Split Squat** 10 reps/leg x 3 sets
[Click for Video - DB Split Squat](#)
- **DB Rear Delt Fly – Chest Supported** 10 reps x 3 sets
[Click for Video - Chest Supported DB Flyes](#)
- **Elbow Plank** 5-30seconds x 3-4 sets
[Click for Video - Elbow Plank](#)

DAY 4

REST AND WALK

7000 - 8000 steps



**IF YOU'D LIKE A TRAINER TO GUIDE
YOU THROUGH THIS WORKOUT**

LAKESHORE: 647-577-6444 NORTH : 647-577-6452
FITNESSCENTRE@HUMBER.CA

DAY 5

WARM UP

- **3-5 minutes cardio** of choice on either the treadmill, spin bike, ski erg or rowing machine.
- Follow that with some **dynamic stretching/movement**
[Click for Video - Dynamic Warm Up](#)

WORKOUT

- **DB Goblet Squat** 10 reps x 3 sets
[Click for Video - Goblet Squat](#)
- **DB Chest Supported Row** 10 reps x 3 sets
[Click for Video - Chest Supported Row](#)
- **Push-up** 10 reps x 3 sets (elevate hands as needed)
[Click for Video - Push-up](#)
- **DB Single Leg Romanian Deadlift** 10 reps x 3 sets
[Click for Video - Single Leg RDL](#)
- **Leg lower with hip lift 30 seconds work:** 30 seconds rest x 3-4 sets (bend knees & tap heels on floor if it bothers your back)
[Click for Video - Leg Lower with Hip Lift](#)

DAY 6 & 7

REST AND WALK

7000 - 8000 steps



DISCLAIMER:

Before embarking on any fitness program, we prioritize your wellbeing. We kindly request that you consult with your physician or healthcare provider to ensure that the program is suitable for you, especially if:

- You or a family member has a history of heart disease or high blood pressure
- You have ever experienced chest pain when exercising or in the last month when inactive
- You are a smoker, have high cholesterol, are obese, or have bone or joint problems that could be aggravated by physical activity.

In case your physician or healthcare provider advises against starting a fitness program, we recommend following their guidance. If you experience dizziness, pain or shortness of breath during exercise, please stop immediately and consult with your doctor.

WEEK 1: DUMBBELL TRAINING PROGRAM

MONTH _____

LOG YOUR REPS PER SET	WARM-UP		SET 1		SET 2		SET 3		NOTES
Day 1	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Squat-racked									
Push-up									
Dumbbell Bent-over row									
Dumbbell Shoulder Press									
Dumbbell Curl									
Dumbbell Tricep Overhead Extension or Skullcrusher									
Deadbug									
Day 2	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 3	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Dumbbell Romanian Deadlift									
Dumbbell Chest Press-Flat									
Dumbbell Split Squat									
Dumbbell Rear Delt Fly									
Elbow Plank									
Day 4	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 5	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Dumbbell Goblet Squat									
Dumbbell Chest Supported Row									
Push up									
Dumbbell Single Leg Romanian Deadlift									
Leg Lower with hip-lift 30 seconds work									
TRX Tricep Extension									
Lower Leg with Hip Lift									
Day 6 & 7	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								

ADDITIONAL NOTES:

 **YouTube**
FOLLOW ALONG PLAYLIST



WEEK 2: DUMBBELL TRAINING PROGRAM

MONTH _____

LOG YOUR REPS PER SET	WARM-UP		SET 1		SET 2		SET 3		NOTES
Day 1	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Squat-racked									
Push-up									
Dumbbell Bent-over row									
Dumbbell Shoulder Press									
Dumbbell Curl									
Dumbbell Tricep Overhead Extension or Skullcrusher									
Deadbug									
Day 2	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 3	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Dumbbell Romanian Deadlift									
Dumbbell Chest Press-Flat									
Dumbbell Split Squat									
Dumbbell Rear Delt Fly									
Elbow Plank									
Day 4	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 5	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Dumbbell Goblet Squat									
Dumbbell Chest Supported Row									
Push up									
Dumbbell Single Leg Romanian Deadlift									
Leg Lower with hip-lift 30 seconds work									
TRX Tricep Extension									
Lower Leg with Hip Lift									
Day 6 & 7	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								

ADDITIONAL NOTES:

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WEEK 3: DUMBBELL TRAINING PROGRAM

MONTH _____

LOG YOUR REPS PER SET	WARM-UP		SET 1		SET 2		SET 3		NOTES
Day 1	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Squat-racked									
Push-up									
Dumbbell Bent-over row									
Dumbbell Shoulder Press									
Dumbbell Curl									
Dumbbell Tricep Overhead Extension or Skullcrusher									
Deadbug									
Day 2	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 3	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Dumbbell Romanian Deadlift									
Dumbbell Chest Press-Flat									
Dumbbell Split Squat									
Dumbbell Rear Delt Fly									
Elbow Plank									
Day 4	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 5	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Dumbbell Goblet Squat									
Dumbbell Chest Supported Row									
Push up									
Dumbbell Single Leg Romanian Deadlift									
Leg Lower with hip-lift 30 seconds work									
TRX Tricep Extension									
Lower Leg with Hip Lift									
Day 6 & 7	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								

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WEEK 4: DUMBBELL TRAINING PROGRAM

MONTH _____

LOG YOUR REPS PER SET	WARM-UP		SET 1		SET 2		SET 3		NOTES
Day 1	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Squat-racked									
Push-up									
Dumbbell Bent-over row									
Dumbbell Shoulder Press									
Dumbbell Curl									
Dumbbell Tricep Overhead Extension or Skullcrusher									
Deadbug									
Day 2	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 3	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Dumbbell Romanian Deadlift									
Dumbbell Chest Press-Flat									
Dumbbell Split Squat									
Dumbbell Rear Delt Fly									
Elbow Plank									
Day 4	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 5	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Dumbbell Goblet Squat									
Dumbbell Chest Supported Row									
Push up									
Dumbbell Single Leg Romanian Deadlift									
Leg Lower with hip-lift 30 seconds work									
TRX Tricep Extension									
Lower Leg with Hip Lift									
Day 6 & 7	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								

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