

15 Minute Dumbbell Workout

This is a muscle building workout. We are using intervals of 40 seconds work with 10 seconds rest. You want to do as many reps as you can in each interval.

If you are a beginner start with lighter weights (maybe 3 lbs). You can even use bottled water instead or some laundry jugs if you don't have dumbbells. Steadily as you keep practicing you want to advance to heavier weights to keep it more challenging.

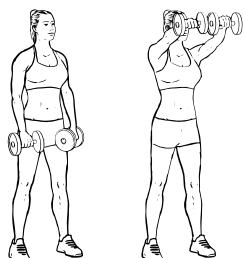
Exercises in this workout:

- Dual Arm Dumbbell Front Shoulder Raises
- Dumbbell Bentover Lateral Raises
- Bicep Reverse Curl
- Dumbbell Bicep Curl To Shoulder Press
- Dumbbell Cuban Press
- Dumbbell Deadlifts
- Dumbbell Floor Chest Press
- Dumbbell Lounges
- Dumbbell Shrugs
- Dumbbell Side Lounges
- Dumbbell Squat Clean And Press
- Lateral Dumbbell Raises
- Reverse Dumbbell Lounges
- Standing Dumbbell Bends
- Standing Two-Arm Bent Over Dumbbell Rows
- Upright Dumbbell Rows
- Plie Squats
- Tricep Dumbbell Kickbacks

15 Minute Dumbbell Workout

Abs, Arms, Back, Chest, Legs, Shoulders

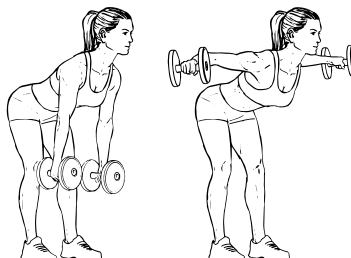
Dual / Two Arm Dumbbell Front Shoulder Raises



40 secs

10 sec rest

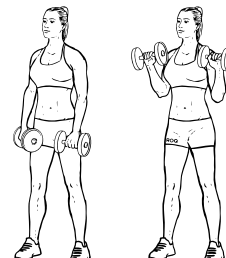
Dumbbell Bent Over Lateral Rear Delt Raises / Flyes



40 secs

10 sec rest

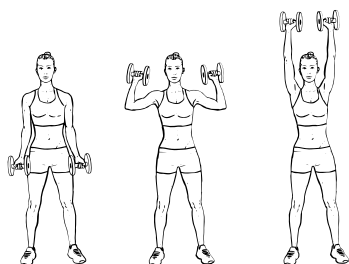
Dumbbell Bicep Reverse Curls



40 secs

10 sec rest

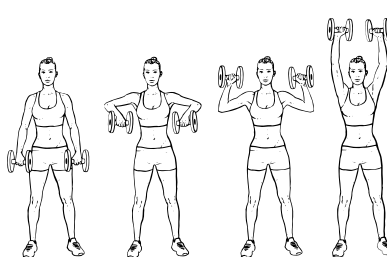
Dumbbell Biceps Curl to Shoulder Press



40 secs

10 sec rest

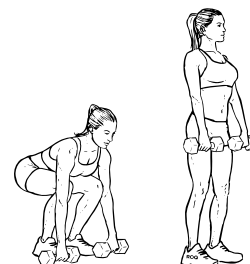
Dumbbell Cuban Press



40 secs

10 sec rest

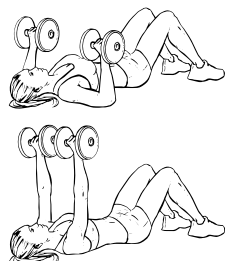
Dumbbell Deadlifts



40 secs

10 sec rest

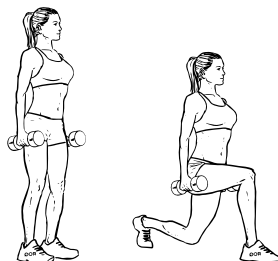
Dumbbell Floor Chest Press



40 secs

10 sec rest

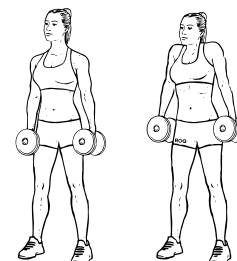
Dumbbell Lunges



40 secs

10 sec rest

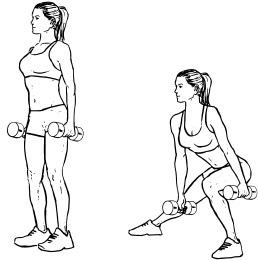
Dumbbell Shrugs



40 secs

10 sec rest

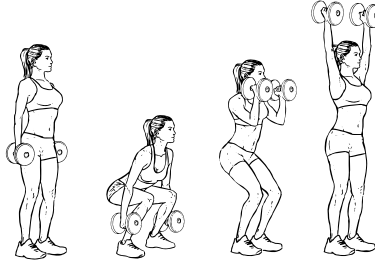
Dumbbell Side Lunges / Lateral Lunges



40 secs

10 sec rest

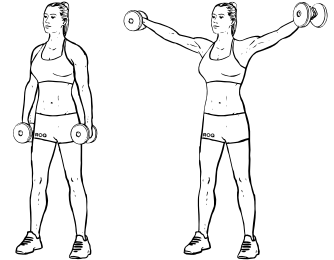
Dumbbell Squat Clean and Press



40 secs

10 sec rest

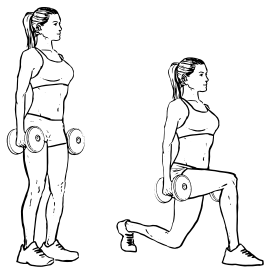
Lateral / Side Shoulder Dumbbell Raises / Power Partial



40 secs

10 sec rest

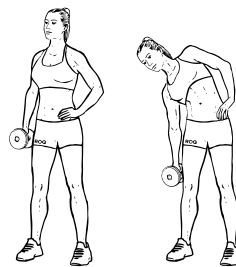
Reverse Dumbbell Lunges



40 secs

10 sec rest

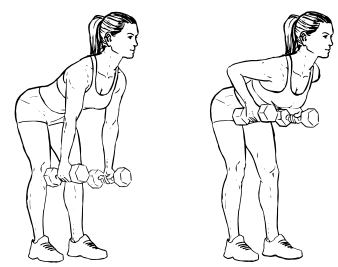
Standing Dumbbell / Kettlebell Side Bends



40 secs

10 sec rest

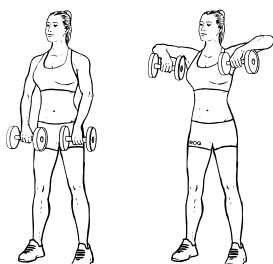
Standing Two-Armed Bent Over Dumbbell Rows



40 secs

10 sec rest

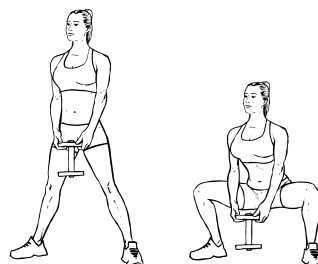
Upright Dumbbell Rows



40 secs

10 sec rest

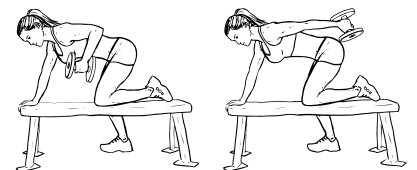
Sumo / Plié Dumbbell Squats



40 secs

10 sec rest

Tricep Dumbbell Kickbacks



40 secs

10 sec rest