

JUSTFIT!

**5-DAY DUMBBELL
WORKOUT PLAN**

DAY 1

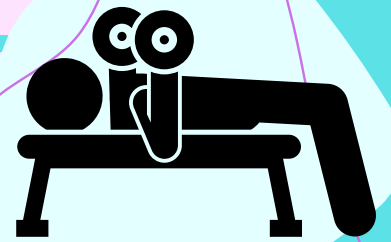
- Shoulder Press: 3 sets of 10-12 reps
- Dumbbell Bent-Over Rows: 3 sets of 8-12 reps
- Dumbbell Lateral Raises: 3 sets of 10-12 reps
- Dumbbell Reverse Flyes: 3 sets of 10-12 reps
- Single-arm Dumbbell Rows: 3 sets of 8-10 reps



Goblet squat

DAY 2

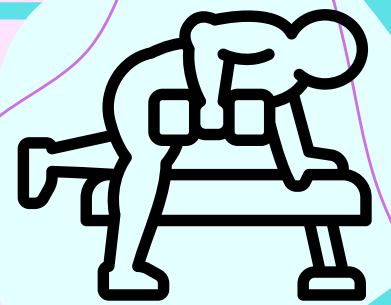
- Goblet Squats: 3 sets of 10-12 reps
- Dumbbell Lunges: 3 sets of 10 reps per leg
- Romanian Deadlifts: 3 sets of 8-12 reps
- Step-ups: 3 sets of 10 reps per leg
- Russian Twists: 3 sets of 15-20 reps per side
- Dumbbell Side Bends: 3 sets of 12-15 reps



Dumbbell Bench Press

DAY 3

- Dumbbell Squats: 3 sets of 10-12 reps (Legs)
- Bench Press: 3 sets of 10-12 reps (Chest)
- Bent-over Rows: 3 sets of 8-12 reps (Back)
- Dumbbell Shoulder Press: 3 sets of 10-12 reps (Shoulders)
- Bicep Curls: 3 sets of 10-12 reps (Arms)



Bent over-rows

DAY 4

- Bench Press: 3 sets of 10-12 reps
- Chest Flyes: 3 sets of 10-12 reps
- Bicep Curls: 3 sets of 10-12 reps
- Tricep Kickbacks: 3 sets of 10-12 reps
- Hammer Curls: 3 sets of 10-12 reps

DAY 5

- Goblet Squats: 3 sets of 10-12 reps
- Dumbbell Lunges: 3 sets of 10 reps per leg
- Romanian Deadlifts: 3 sets of 8-12 reps
- Step-ups: 3 sets of 10 reps per leg
- Russian Twists: 3 sets of 15-20 reps per side
- Side Bends: 3 sets of 12-15 reps per side



Dumbbell Lunges