

# The Ultimate Dumbbell & Bench Home Workout Plan

Full-Body Strength & Fat Loss Routine - Perfect for Small Spaces

## Introduction

No need for a bulky home gym. With just a bench and dumbbells, you can target all major muscle groups, build strength, and burn fat. This plan is beginner-friendly, space-saving, and highly effective.

How to use:

- Perform the full routine 3x per week
- Take 1 rest day between workouts
- Warm up before every session (5 min cardio + light dumbbell sets)

## Equipment Needed

Adjustable dumbbells (2-25 kg recommended)

Foldable or adjustable bench

Non-slip mat

Safety Tips:

- Check dumbbell collars before each session
- Keep the bench stable on a flat surface
- Use legs to lift dumbbells onto the bench, not your back

Authority Resource:

American Council on Exercise - Home Equipment Guide  
(<https://www.acefitness.org/resources/everyone/blog/>)

## Full-Body Dumbbell & Bench Workout

| Exercise | Sets | Reps | Rest |

| Goblet Squats | 3 | 10-12 | 60s |

| Dumbbell Bench Press | 3 | 8-10 | 60s |

| Seated Dumbbell Shoulder Press | 3 | 8-10 | 60s |

| Bent-Over Dumbbell Rows | 3 | 10-12 | 60s |

| Bulgarian Split Squats | 3 | 8-10 per leg | 60s |

| Dumbbell Romanian Deadlifts | 3 | 12 | 60s |

Follow-along Video: <https://www.youtube.com/watch?v=1me0Ate8eAc>

## Exercise Instructions

- Goblet Squats: Hold one dumbbell at chest level, squat keeping chest upright.
- Dumbbell Bench Press: Lie on bench, press dumbbells up while feet drive into the floor.
- Shoulder Press: Sit with back support, press dumbbells overhead.
- Bent-Over Rows: Hinge at hips, back flat, pull dumbbells toward hips.
- Bulgarian Split Squats: Rear foot on bench, lower front leg into lunge.
- Romanian Deadlifts: Hinge at hips, slight knee bend, lower dumbbells down shins.

## Muscle-Specific Variations

Chest: Incline Dumbbell Press, Dumbbell Flyes

Arms: Incline Bicep Curls, Lying Tricep Extensions

Legs: Step-Ups, Reverse Lunges

Core: Bench Crunches, Plank with Row

## Space-Saving Tips

- Store bench vertically or under bed
- Use adjustable dumbbells to replace multiple sets
- Schedule workouts to minimize setup hassle

## FAQs

1. Can I build muscle with only dumbbells & bench? - Yes, progressive overload is key.
2. How much weight do beginners need? - Adjustable set up to 20-25 kg per hand.
3. Is a bench necessary? - Essential for form & stability.
4. How often should I train? - 3x/week is optimal for beginners.
5. Can I do cardio with this setup? - Yes, circuit style with high knees/mountain climbers.

## Conclusion

This dumbbell + bench routine is your space-saving, beginner-friendly path to strength, fat loss, and total-body fitness. Start small, stay consistent, and watch your progress grow.