

21 DAY DUMBBELL STRENGTH

Five strength days and two core days a week. Dumbbells only.

LENGTH	EQUIPMENT	FOCUS	LEVEL
21 Days	Dumbbells	Full Body Strength	Beginner to Intermediate

WEEK 1			TAP A WORKOUT TO OPEN THE VIDEO	
01	FULL BODY	► Full Body Dumbbell Workout + HIIT	30 min	☐
02	UPPER BODY	► Upper Body Dumbbell Workout for Strength	40 min	☐
03	CORE / RECOVERY	► Weighted Ab Workout for Core Strength	10 min	☐
04	LOWER BODY	► Lower Body Dumbbell for Legs & Glutes	40 min	☐
05	FULL BODY	► Full Body Dumbbell Workout at Home	25 min	☐
06	CORE / RECOVERY	► Weighted Core Workout for Strong Abs	15 min	☐
07	ARMS & SHOULDERS	► Arms & Shoulders Dumbbell Workout	20 min	☐
WEEK 2				
08	BACK & BICEPS	► Back & Biceps Dumbbell Workout	30 min	☐
09	LEGS	► Leg Day Dumbbell Workout at Home	30 min	☐
10	CORE / RECOVERY	► Dumbbell Ab Workout for Defined Core	10 min	☐
11	FULL BODY	► Full Body Dumbbell Workout (No Repeats)	30 min	☐
12	CHEST & TRICEPS	► Chest & Triceps Dumbbell Workout	30 min	☐
13	CORE / RECOVERY	► Intense Ab Workout for Core Strength	12 min	☐
14	SHOULDERS	► Shoulder Dumbbell Workout for Strength	25 min	☐
WEEK 3				
15	FULL BODY	► Full Body Dumbbell Workout for Strength	45 min	☐
16	UPPER PUSH	► Chest, Shoulders & Triceps Dumbbell	40 min	☐
17	CORE / RECOVERY	► Ab Workout for Core Definition	10 min	☐
18	LOWER BODY	► Lower Body Dumbbell for Legs & Glutes	30 min	☐
19	FULL BODY + COND.	► Full Body HIIT Dumbbell (No Repeats)	25 min	☐
20	CORE / RECOVERY	► Intense Ab Workout (No Repeats)	10 min	☐
21	FINAL WORKOUT	► Full Body HIIT Dumbbell (Fat Burn + Strength)	30 min	☐

HOW TO RUN IT

- Pick a weight that's hard by the last few reps but doesn't wreck your form.
- If a set feels easy, go heavier next time. That's the whole progression.
- Take the core days seriously. They're recovery, not filler.

NOTES