



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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FRANKOMAN'S DUMBBELL ONLY SPLIT

A dumbbell only workout for home or the gym that will pack on muscle mass. This routine was designed by Frankoman from team Muscle & Strength.

Link to Workout: [https://www.muscleandstrength.com/
workouts/frankoman-dumbbell-only-split.html](https://www.muscleandstrength.com/workouts/frankoman-dumbbell-only-split.html)

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 10 Weeks

Days Per Week: 3 Days

Time Per Workout: 45 Mins

Equipment: Dumbbells

Author: Team Muscle & Strength

Monday - Chest & Triceps

Exercise	Sets	Reps
Chest		
Incline Dumbbell Bench Press	4	12, 10, 10, 8
Dumbbell Bench Press	4	12, 10, 10, 8
Dumbbell Flys	3	12
Triceps		
Dumbbell Skullcrusher	3	12
Dumbbell Tricep Kickback	3	12
One Arm Seated Dumbbell Extension	3	12

Wednesday - Back & Biceps

Exercise	Sets	Reps
Back		
One Arm Dumbbell Row	5	12, 10, 10, 8, 6
Bent Over Dumbbell Row	5	12, 10, 10, 8, 6
Dumbbell Pullover	2	12, 10
Biceps		
Incline Dumbbell Curl	3	10
Standing Dumbbell Curl	3	10
Cross Body Hammer Curl	2	10

Friday - Legs & Shoulders

Exercise	Sets	Reps
Quads		
Dumbbell Lunge	4	12, 10, 10, 8
Dumbbell Step Up	3	12
Dumbbell Squat	4	12, 10, 10, 8
Hamstrings		
Dumbbell Stiff Leg Deadlift	4	12, 10, 10, 8
Calves		
Seated Dumbbell Calf Raise	2	15, 12
Dumbbell Standing Calf Raise	2	12, 10
Shoulders		
Standing Dumbbell Press	4	12, 10, 10, 8
Dumbbell Lateral Raise	3	12, 10, 10
Bent Over Dumbbell Reverse Fly	3	12, 10, 10
Dumbbell Shrug	4	12, 10, 10, 8