# Dumbbell Full Body Workout for Beginners

A pair of dumbbells and the floor, no bench: the six moves that train the whole body, with time to learn each one.

| TYPE | FOCUS | LEVEL | TIME | EQUIPMENT |
|---|---|---|---|---|
| Strength | Full body | Beginner | 35 min | Dumbbells |

## WARM UP

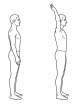
Once through, at an easy pace

**Marching In Place**



60 s

**Arm Circles**



30 s

**Bodyweight Squat**



10 reps

**Inchworm**



4 reps

## MAIN

All sets of a move, then the next

### 1 Dumbbell Goblet Squat

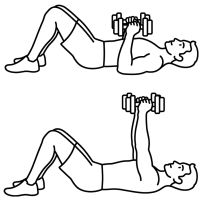


**3 × 10**

rest 60 s

*One dumbbell held at the chest, elbows in*

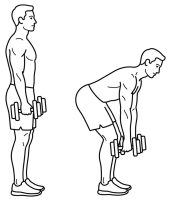
### 2 Dumbbell Floor Press



**3 × 10**

rest 60 s

### 3 Dumbbell Romanian Deadlift

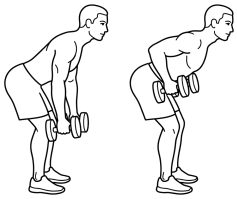


**3 × 10**

rest 60 s

*Push the hips back; the dumbbells stay close to the legs*

### 4 Bent-Over Dumbbell Row

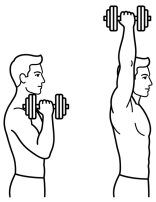


**3 × 10**

rest 60 s

*Flat back, pull the elbows past the ribs*

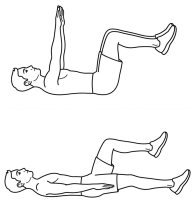
### 5 Standing Dumbbell Overhead Press



**2 × 10**

rest 60 s

### 6 Dead Bug



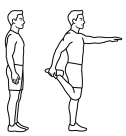
**2 × 6**

each side · rest 45 s

## COOL DOWN

Once through, at an easy pace

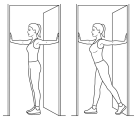
**Standing Quad Stretch**



30 s

each side

**Doorway Chest Stretch**



45 s

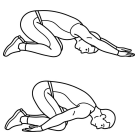
**Standing Hamstring Stretch**



30 s

each side

**Child's Pose**



45 s