

30-DAY DUMBBELL CHALLENGE

DAY 1

LEGS

2 sets of
10 as a circuit

DAY 2

CHEST AND ARMS

2 sets of
10 as a circuit

DAY 3

REST DAY

DAY 4

BUTT

2 sets of
10 as a circuit

DAY 5

BACK AND SHOULDERS

2 sets of
10 as a circuit

DAY 6

REST DAY

DAY 7

LEGS

2 sets of
12 as a circuit

DAY 8

CHEST AND ARMS

2 sets of
12 as a circuit

DAY 9

REST DAY

DAY 10

BUTT

2 sets of
12 as a circuit

DAY 11

BACK AND SHOULDERS

2 sets of
12 as a circuit

DAY 12

REST DAY

DAY 13

LEGS

2 sets of
15 as a circuit

DAY 14

CHEST AND ARMS

2 sets of
15 as a circuit

DAY 15

REST DAY

DAY 16

BUTT

2 sets of
15 as a circuit

DAY 17

BACK AND SHOULDERS

2 sets of
15 as a circuit

DAY 18

REST DAY

DAY 19

LEGS

3 sets of
10 back-to-back

DAY 20

CHEST AND ARMS

3 sets of
10 back-to-back

DAY 21

REST DAY

DAY 22

BUTT

3 sets of
10 back-to-back

DAY 23

BACK AND SHOULDERS

3 sets of
10 back-to-back

DAY 24

REST DAY

DAY 25

LEGS

3 sets of
12 back-to-back

DAY 26

CHEST AND ARMS

3 sets of
12 back-to-back

DAY 27

REST DAY

DAY 28

BUTT

3 sets of
12 back-to-back

DAY 29

BACK AND SHOULDERS

3 sets of
12 back-to-back

DAY 30



REST DAY