



GetFitArchitect

PREMADE WORKOUT PROGRAM

Adjustable Dumbbell Workout Program

4 days a week · Upper/lower split · Muscle building

EQUIPMENT

Dumbbells

LEVEL

Intermediate

SESSION LENGTH

60-75 minutes

Free tools. No account. Built around the equipment you own.

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The plan at a glance

4 days a week · Upper/lower split · Muscle building · Intermediate

DAY 1 Upper body60 min Dumbbell Floor Press5 × 8–12 Dumbbell Shoulder Press4 × 8–12 Dumbbell Bent–Over Row5 × 8–12 Rear Delt Dumbbell Fly4 × 10–15 Dumbbell Bicep Curl5 × 10–15	DAY 2 Lower body64 min Goblet Squat5 × 8–12 Dumbbell Romanian Deadlift5 × 8–12 Bodyweight Hip Thrust5 × 8–12 Dumbbell Calf Raise5 × 10–15 Farmer's Carry5 × 30–45 sec
DAY 3 Upper body60 min Dumbbell Floor Press5 × 8–12 Dumbbell Shoulder Press4 × 8–12 Dumbbell Bent–Over Row5 × 8–12 Rear Delt Dumbbell Fly4 × 10–15 Dumbbell Bicep Curl5 × 10–15	DAY 4 Lower body65 min Goblet Squat5 × 8–12 Dumbbell Romanian Deadlift5 × 8–12 Glute Bridge5 × 8–12 Dumbbell Calf Raise5 × 10–15 Superman5 × 10–15

EQUIPMENT

Dumbbells

SESSION LENGTH

60–75 min

EFFORT

Stop 1–3 reps short of failure

Build a version around your own equipment, free: getfitarchitect.com/workout-generator

How to use this program

This is a 4-day upper/lower workout program built entirely around an adjustable dumbbell set, for an intermediate lifter ready to move past full body training. Every exercise below only requires dumbbells and bodyweight, no barbell or machines required.

What you need

Dumbbells

An adjustable set that goes high enough for compound lower body work (goblet squats, Romanian deadlifts, lunges) matters more here than for a beginner program, since intermediate volume runs heavier before reps get too easy.

Why this structure

Four or five days gives you enough room to separate upper and lower body without dropping below twice-a-week frequency for any muscle group, while keeping each session more focused than a full body workout.

THE THREE RULES

1

Warm up first

Start every session with the warm-up block on that day's page, then do 2-3 ramp-up sets on your first exercise before you reach working weight.

2

Rest as listed

Moderate rests keep each set hard enough to build muscle without dragging the session out. Stick to the times listed.

3

Keep a few reps in reserve

Finish most working sets feeling like you could have done one to three more good reps. Sets close to failure build the most muscle, but stopping just short keeps your form and recovery intact.

Upper body

APPROX. TIME

60 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then arm circles and band pull-aparts to open up your shoulders. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Dumbbell Floor Press	5	8-12	90-120 sec
Dumbbell Shoulder Press	4	8-12	90-120 sec
Dumbbell Bent-Over Row	5	8-12	90-120 sec
Rear Delt Dumbbell Fly	4	10-15	60-90 sec
Dumbbell Bicep Curl	5	10-15	60-90 sec

COOL-DOWN

A few minutes of static stretching for your chest, shoulders, and triceps, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Lower body

64 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then bodyweight squats and leg swings to open up your hips. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Goblet Squat	5	8-12	90-120 sec
Dumbbell Romanian Deadlift	5	8-12	90-120 sec
Bodyweight Hip Thrust	5	8-12	90-120 sec
Dumbbell Calf Raise	5	10-15	60-90 sec
Farmer's Carry	5	30-45 sec	60-90 sec

COOL-DOWN

A few minutes of static stretching for your quads, hamstrings, and calves, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Upper body

APPROX. TIME

60 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then arm circles and band pull-aparts to open up your shoulders. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Dumbbell Floor Press	5	8-12	90-120 sec
Dumbbell Shoulder Press	4	8-12	90-120 sec
Dumbbell Bent-Over Row	5	8-12	90-120 sec
Rear Delt Dumbbell Fly	4	10-15	60-90 sec
Dumbbell Bicep Curl	5	10-15	60-90 sec

COOL-DOWN

A few minutes of static stretching for your chest, shoulders, and triceps, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Lower body

APPROX. TIME

65 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then bodyweight squats and leg swings to open up your hips. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Goblet Squat	5	8-12	90-120 sec
Dumbbell Romanian Deadlift	5	8-12	90-120 sec
Glute Bridge	5	8-12	90-120 sec
Dumbbell Calf Raise	5	10-15	60-90 sec
Superman	5	10-15	60-90 sec

COOL-DOWN

A few minutes of static stretching for your quads, hamstrings, and calves, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Progressing week to week

Once you can hit the top of the rep range for every set on this upper/lower split plan, add weight on your dumbbells the next session and expect reps to dip back toward the bottom of the range. That cycle of adding reps, then adding weight, is what steadily builds size over time. At an intermediate level, progress typically settles into something closer to this pattern, a small jump every week or two rather than every session.

COMMON QUESTIONS

Why switch to an upper/lower split instead of staying with full body?

Four training days is enough to separate upper and lower body without dropping either below twice-weekly frequency, and each session ends up more focused than a full body workout trying to cover everything at once.

How heavy of an adjustable dumbbell set does this program actually need?

A set that adjusts up to at least 50 lbs per hand covers most intermediate lifters comfortably for pressing and rowing movements; lower body compound lifts like Romanian deadlifts and goblet squats tend to need more weight sooner than upper body pressing does.

Want a plan built around your exact equipment?

The free workout plan tool builds a full weekly program from whatever you own, your goal, your experience, and the time you have. No account needed.

getfitarchitect.com/workout-generator

General training information, not medical advice. If you have an injury or a health condition, check with a doctor or physical therapist before starting a new program.