



GetFitArchitect

PREMADE WORKOUT PROGRAM

Dumbbell and Resistance Band Workout Program

3 days a week · Full body · General fitness

EQUIPMENT

Dumbbells · Resistance bands

LEVEL

Beginner

SESSION LENGTH

45-60 minutes

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

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The plan at a glance

3 days a week · Full body · General fitness · Beginner

DAY 1

Full body

33 min

Resistance Band Chest Press	3 × 12–15
Resistance Band Row	3 × 12–15
Goblet Squat	3 × 12–15
Dumbbell Romanian Deadlift	3 × 12–15
Farmer's Carry	3 × 30–45 sec

DAY 2

Full body

34 min

Dumbbell Floor Press	3 × 12–15
Dumbbell Bent-Over Row	3 × 12–15
Dumbbell Reverse Lunge	3 × 12–15
Dumbbell Romanian Deadlift	3 × 12–15
Superman	3 × 12–15

DAY 3

Full body

33 min

Resistance Band Chest Press	3 × 12–15
Resistance Band Row	3 × 12–15
Goblet Squat	3 × 12–15
Dumbbell Romanian Deadlift	3 × 12–15
Plank	3 × 30–45 sec

EQUIPMENT

Dumbbells · Resistance bands

SESSION LENGTH

45–60 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 3-day full body program for a beginner with a set of dumbbells and a set of resistance bands, one of the most affordable and space-friendly ways to train at home. The two complement each other: dumbbells handle squats, hip hinges, and presses with weight you can measure, while bands add rows and chest presses with a different kind of resistance. Each session trains the whole body in under an hour.

What you need

Dumbbells • Resistance bands

A door anchor makes bands far more useful, since it lets you row and press from different angles. If you're choosing dumbbells, an adjustable set is worth considering, because leg exercises like goblet squats usually outgrow a light fixed pair first.

Why this structure

With fewer days available, full body training works every major muscle group in each session, so your weekly sets for each muscle are spread across shorter, manageable workouts instead of piled into one day you might miss. When total weekly sets are the same, research finds the exact split makes a fairly small difference, so the practical advantage is consistency.

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

Shorter rests keep the pace up and the session efficient. 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.

Full body

33 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then a couple minutes of dynamic movement for whatever you're training first. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Resistance Band Chest Press	3	12-15	45-60 sec
Resistance Band Row	3	12-15	45-60 sec
Goblet Squat	3	12-15	45-60 sec
Dumbbell Romanian Deadlift	3	12-15	45-60 sec
Farmer's Carry	3	30-45 sec	45-60 sec

COOL-DOWN

A few minutes of static stretching for whatever felt tightest during your session, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Full body

34 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then a couple minutes of dynamic movement for whatever you're training first. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Dumbbell Floor Press	3	12-15	45-60 sec
Dumbbell Bent-Over Row	3	12-15	45-60 sec
Dumbbell Reverse Lunge	3	12-15	45-60 sec
Dumbbell Romanian Deadlift	3	12-15	45-60 sec
Superman	3	12-15	45-60 sec

COOL-DOWN

A few minutes of static stretching for whatever felt tightest during your session, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Full body

APPROX. TIME

33 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then a couple minutes of dynamic movement for whatever you're training first. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Resistance Band Chest Press	3	12-15	45-60 sec
Resistance Band Row	3	12-15	45-60 sec
Goblet Squat	3	12-15	45-60 sec
Dumbbell Romanian Deadlift	3	12-15	45-60 sec
Plank	3	30-45 sec	45-60 sec

COOL-DOWN

A few minutes of static stretching for whatever felt tightest during your session, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Progressing week to week

Progress on a full body plan like this doesn't need to mean heavier weight every week. Completing the full session on your dumbbells and resistance bands with good form, adding a rep or two before adding weight, and staying consistent across every session matters more than chasing quick jumps in load. As a beginner, expect faster early progress than this pattern implies — many people can add weight or reps almost every session for the first couple of months before needing to slow down.

COMMON QUESTIONS

Why use dumbbells and bands together instead of just one?

Each covers what the other does less well. Dumbbells give you exact, measurable weight to progress on, which matters most for the legs. Bands are an inexpensive way to add rows and presses at different angles without buying more weight, so together they cover the whole body for less money and space than either would need alone.

How do I progress the band exercises?

Move to a heavier band, combine two bands, or add reps until you reach the top of the range with good form, then step up the resistance. Since bands don't have exact weights, it helps to note which band or combination you used each session.

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.