



GetFitArchitect

PREMADE WORKOUT PROGRAM

Home Gym Workout Plan With Limited Equipment

3 days a week · Full body · Muscle building

EQUIPMENT

Dumbbells · Bench

LEVEL

Beginner

SESSION LENGTH

60-75 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 · Muscle building · Beginner

DAY 1

Full body

47 min

Dumbbell Bench Press	5 × 8–12
Dumbbell Row	3 × 8–12
Goblet Squat	3 × 8–12
Dumbbell Romanian Deadlift	3 × 8–12
Farmer's Carry	3 × 30–45 sec

DAY 2

Full body

48 min

Seated Dumbbell Shoulder Press	5 × 8–12
Chest-Supported Dumbbell Row	3 × 8–12
Dumbbell Step-Up	3 × 8–12
Dumbbell Romanian Deadlift	3 × 8–12
Superman	3 × 10–15

DAY 3

Full body

47 min

Dumbbell Floor Press	5 × 8–12
Dumbbell Bent-Over Row	3 × 8–12
Goblet Squat	3 × 8–12
Dumbbell Romanian Deadlift	3 × 8–12
Plank	3 × 30–45 sec

EQUIPMENT

Dumbbells · Bench

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 3-day full body workout program for a home gym with just dumbbells and a bench, the most common starting point for anyone building a home setup gradually instead of buying everything at once. Every exercise below only requires those two pieces of equipment plus bodyweight.

What you need

Dumbbells · Bench

Starting smaller like this isn't a downgrade from a fully equipped gym; dumbbells and a bench alone cover every major movement pattern, and this program is built to prove that rather than feel like a placeholder until more equipment arrives.

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

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.

Full body

47 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 Bench Press	5	8-12	90-120 sec
Dumbbell Row	3	8-12	90-120 sec
Goblet Squat	3	8-12	90-120 sec
Dumbbell Romanian Deadlift	3	8-12	90-120 sec
Farmer's Carry	3	30-45 sec	60-90 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

48 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
Seated Dumbbell Shoulder Press	5	8-12	90-120 sec
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Dumbbell Step-Up	3	8-12	90-120 sec
Dumbbell Romanian Deadlift	3	8-12	90-120 sec
Superman	3	10-15	60-90 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

47 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	5	8-12	90-120 sec
Dumbbell Bent-Over Row	3	8-12	90-120 sec
Goblet Squat	3	8-12	90-120 sec
Dumbbell Romanian Deadlift	3	8-12	90-120 sec
Plank	3	30-45 sec	60-90 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

Once you can hit the top of the rep range for every set on this full body plan, add weight on your dumbbells and bench 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. 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

Is dumbbells plus a bench really enough for a complete program?

For most people starting out, yes. Dumbbells and a bench cover pressing, rowing, squatting, hip hinging, and single-leg work. The main gaps are vertical pulling, since there's no true pull-up or pulldown without a bar or cable machine, so rows carry all of the back work, and heavy lower-body loading, which is eventually capped by how heavy your dumbbells go.

What piece of equipment is worth adding next?

A squat rack and barbell typically add the most capability per dollar once dumbbells and a bench feel limiting, since they unlock heavier compound lifts than dumbbells alone can load safely. See the home gym budget calculator for full cost estimates across tiers.

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.