

31-Day Dumbbell Routine

Week 1

1. Upper Body
2. Lower Body
3. Core
4. Rest
5. Lower Body
6. Rest
7. Upper Body

Week 2

8. Rest
9. Core
10. Upper + Lower Body
11. Rest
12. Core
13. Upper + Body
14. Rest

Week 3

15. Upper Body + Lower Body + Core
16. Rest
17. Rest
18. Core
19. Rest
20. Combo
21. Rest

Week 4

22. Combo & Core
23. Rest
24. Combo + Core
25. Rest
26. Combo + Core
27. Rest
28. Combo + Core

Week 5

29. Rest
30. Combo + Core
31. Rest