



**WomenWho
LiftWeights**

DUMBBELL — ONLY — SAMPLE TRAINING WEEK

4 FULL BODY DUMBBELL WORKOUTS FOR WOMEN



BUILD STRENGTH • BUILD MUSCLE • LOSE FAT • FEEL CONFIDENT

— **BY COACH ROB** —

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WELCOME TO YOUR **DUMBBELL ONLY** SAMPLE TRAINING WEEK

Thank you for downloading the WWLW Dumbbell Only Sample Training Week.

Inside this guide you'll find four full-body dumbbell workouts designed to help you build strength, improve fitness, burn calories, and feel more confident in the gym.

Whether you're training at home or in the gym, dumbbells are one of the most effective tools available for building muscle, improving body composition, and getting stronger.

These workouts are a sample of the training programs available inside the WWLW App and are designed to be simple, effective, and easy to follow.

Let's get started.

Coach Rob

Women Who Lift Weights



HOW TO USE THIS GUIDE

This sample training week includes four full-body dumbbell workouts designed to help you build strength, improve fitness, burn calories, and feel more confident in the gym.

Complete the workouts in order and focus on consistency, effort, and proper technique. Remember, progress doesn't come from doing everything perfectly—it comes from showing up and putting in the work.

TRAINING GUIDELINES



CHOOSE A WEIGHT THAT CHALLENGES YOU

Select a weight that feels challenging while still allowing you to maintain good form. As a general guideline, most sets should feel like a **7–8 out of 10** effort level, meaning you could perform another 2–3 reps if needed.



TECHNIQUE ALWAYS COMES FIRST

Focus on proper form and movement quality before increasing weight. Good technique helps you build strength safely, target the correct muscles, and reduce the risk of injury.



REST AS NEEDED TO RECOVER

Rest **60–120 seconds** between sets, depending on the exercise and your fitness level. The goal is to recover enough to perform the next set with good effort and technique.



TRAIN 3–5 DAYS PER WEEK

This sample training week includes four workouts. Complete all four workouts over the course of the week. If you're training three days per week, simply rotate through the workouts and continue where you left off during your next training week.



INCREASE WEIGHT AS YOU GET STRONGER

When the prescribed reps become easier and the same weight no longer feels challenging, it's usually time to increase the load. Small, consistent increases over time lead to significant results.



TRACK YOUR WORKOUTS AND PROGRESS

One of the most important habits for long-term success is tracking your workouts. Record your weights, sets, reps, and notes so you can monitor progress over time. What gets measured gets improved.



DISCLAIMER: Consult your physician before beginning any exercise program. Stop immediately if you experience pain, dizziness, or discomfort. The information in this guide is intended for educational purposes only and should not replace professional medical advice.



WORKOUT A

LOWER FOCUSED FULL BODY

This workout places a greater emphasis on the lower body while still training the entire body. Focus on proper technique, controlled movement, and selecting weights that challenge you while maintaining good form.

EXERCISE	SETS	REPS
 Goblet Squat	3	8-12
 Dumbbell Romanian Deadlift	3	8-12
 Dumbbell Bench Press	3	8-12
 One Arm Dumbbell Row	3	8-12
 Goblet March	3	8-12 Steps Per Side

WWLW FINISHER (OPTIONAL)



Farmer Carry
3 x 30-60 Seconds



Plank
3 x 30-60 Seconds



1
GOBLET
SQUAT

2
DUMBBELL
ROMANIAN
DEADLIFT

3
DUMBBELL
BENCH PRESS

4
ONE ARM
DUMBBELL ROW

5
GOBLET
MARCH

WORKOUT B

UPPER FOCUSED FULL BODY

This workout places a greater emphasis on the upper body while still training the entire body. Focus on controlled movement, proper technique, and selecting weights that challenge you while maintaining good form.

EXERCISE	SETS	REPS
 Dumbbell Bench Press	3	8-12
 Standing Dumbbell Press	3	8-12
 Reverse Lunge	3	8-12 Per Side
 Two Arm Dumbbell Row	3	8-12 Per Side
 Suitcase March	3	8-12 Steps Per Side

WWLW FINISHER (OPTIONAL)



Farmer Carry

3 x 30-60 Seconds



Plank

3 x 30-60 Seconds



1
DUMBBELL
BENCH PRESS

2
STANDING
DUMBBELL PRESS

3
REVERSE
LUNGE

4
TWO ARM
DUMBBELL ROW

5
SUITCASE
MARCH

WORKOUT C

CORE & GLUTE FOCUSED FULL BODY

This workout places a greater emphasis on your glutes, core, and stability while still training the entire body. Focus on controlled movement, maintaining tension throughout each exercise, and choosing weights that challenge you while maintaining proper form.

EXERCISE	SETS	REPS
 Dumbbell Sumo Squat	3	8-12
 Dumbbell Hip Thrust	3	8-12
 Reverse Lunge	3	8-12 Per Side
 Single Arm Standing Dumbbell Press	3	8-12 Per Side
 Single Arm Dumbbell Row	3	8-12 Per Side

WWLW FINISHER (OPTIONAL)



Farmer Carry

3 x 30-60 Seconds



Plank

3 x 30-60 Seconds



1

**DUMBBELL
SUMO SQUAT**

2

**DUMBBELL
HIP THRUST**

3

**REVERSE
LUNGE**

4

**SINGLE ARM
STANDING DUMBBELL
PRESS**

5

**SINGLE ARM
DUMBBELL ROW**

WORKOUT D

FULL BODY STRENGTH & CONDITIONING

This workout is designed to train your entire body with a focus on strength, power, and muscular endurance. Move with purpose, maintain good form, and challenge yourself with weights that push you while keeping every rep high quality.

EXERCISE	SETS	REPS
 Dumbbell Squat	3	8-12
 Dumbbell Push Press	3	8-12
 Dumbbell Romanian Deadlift	3	8-12
 Two Arm Dumbbell Row	3	8-12
 Dumbbell Thruster*	3	5-8*

*Thrusters are a challenging full-body exercise. Focus on proper technique and controlled movement rather than rushing through reps.

WWLW FINISHER (OPTIONAL)



Farmer Carry

3 x 30-60 Seconds



Plank

3 x 30-60 Seconds





NEED HELP WITH THESE EXERCISES?

Watch Coach Rob demonstrate hundreds of exercises, workouts, and coaching tips on the **WWLW YouTube Channel**.



Women Who Lift Weights

@womenwholiftweights · 2.96K subscribers · 609 videos

Welcome to Women Who Lift Weights (WWLW) ...more

[womenwholiftweights.app](#) and 6 more links

Subscribe



EXERCISE DEMONSTRATIONS

Clear, easy-to-follow demonstrations for hundreds of exercises.



TECHNIQUE TIPS

Learn proper form, avoid mistakes, and lift with confidence.



DUMBBELL WORKOUTS

Dumbbell-only workouts designed specifically for women.



STRENGTH TRAINING EDUCATION

Coaching tips, training strategies, and everything in between.



YouTube

SUBSCRIBE TO THE
WWLW **YOUTUBE** CHANNEL

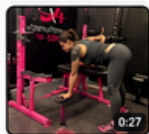


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POPULAR VIDEOS



1 Arm Dumbbell Row

2.1K views



Kettlebell Swings
Partner Assisted

2.1K views



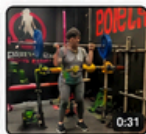
Dumbbell Superset
A1. DB Bench x 8
A2. Tricep Extensions (Legs up) x 8

711 views



Dumbbell Superset
A1. DB Bench x 8
A2. DB Flys x 8

582 views



Lynn at 70 Squatting 60 kg
133 lbs. Blue Plates on the Bar!

3K views



Kettlebell Pass
Single Arm Single Leg

161 views

MORE VIDEOS TO HELP YOU GET STRONGER



Dumbbell Arnold Press

2.4K views



Kettlebell Ballistic Rows

2K views



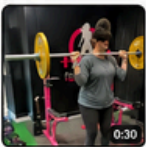
Dumbbell Deadlift - App Short

1.6K views



Ruby K 70 Pound
Sandbag Carry

1.7K views



45 kg Military Press
PR! WTG Kim!

1.6K views



Kettlebell Mixed Carry
Suitcase + Bottom Up

1.2K views

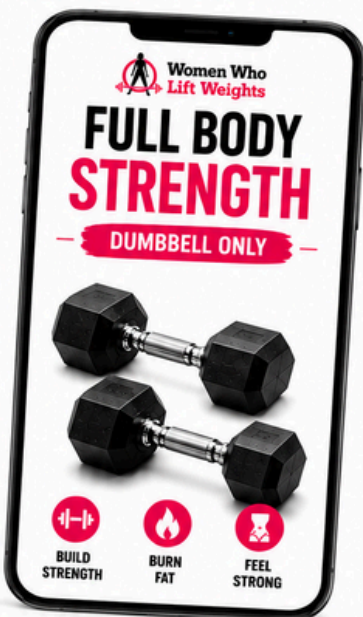
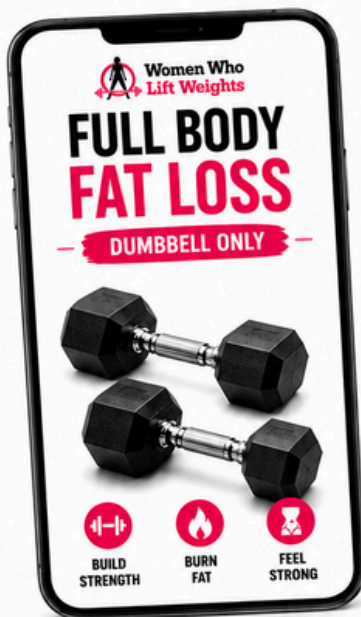


**Women Who
Lift Weights**

CONTINUE YOUR TRAINING INSIDE THE WWLW APP

Finished your sample week? Keep your momentum going with complete dumbbell programs designed for women.

CHECK OUT OUR DUMBBELL PROGRAMS



PLUS ACCESS TO:



**EXERCISE
VIDEOS**

Learn every move
with expert coaching.



**PROGRESS
TRACKING**

Track workouts,
weights and results.



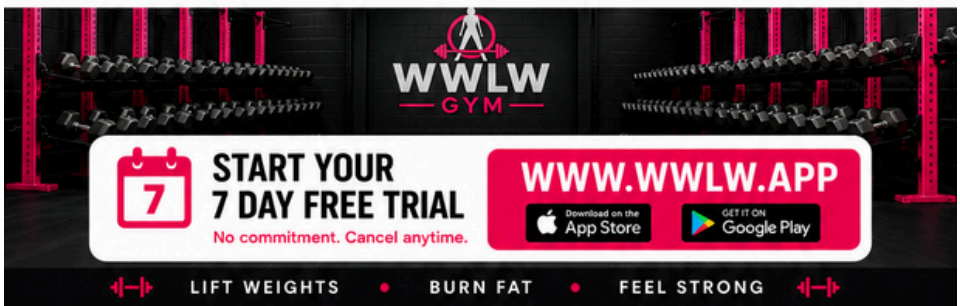
**MORE DUMBBELL
PROGRAMS**

Variety, challenge and
consistent progress.



**NEW PROGRAMS
MONTHLY**

Fresh training to keep
you motivated.







**START YOUR
7 DAY FREE TRIAL**

No commitment. Cancel anytime.

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LIFT WEIGHTS • BURN FAT • FEEL STRONG





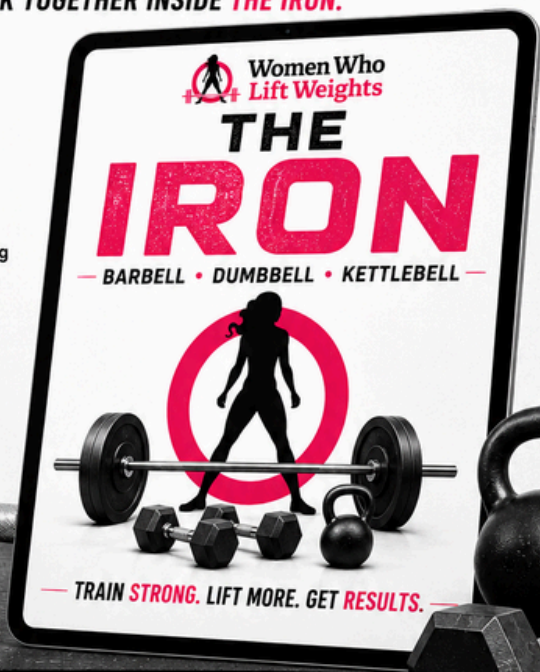
Women Who
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READY TO **RAISE THE BAR** ON YOUR TRAINING & RESULTS?

DISCOVER HOW **BARBELLS, DUMBBELLS & KETTLEBELLS**
WORK TOGETHER INSIDE **THE IRON**.

INSIDE THE IRON:

- ✓ Barbell Strength Training
- ✓ Dumbbell Full-Body Workouts
- ✓ Kettlebell Conditioning
- ✓ Structured Weekly Programming
- ✓ Coach Rob's Training System



EXPLORE THE IRON INSIDE THE WWLW APP

BARBELL • DUMBBELL • KETTLEBELL • STRENGTH • MUSCLE • FAT LOSS

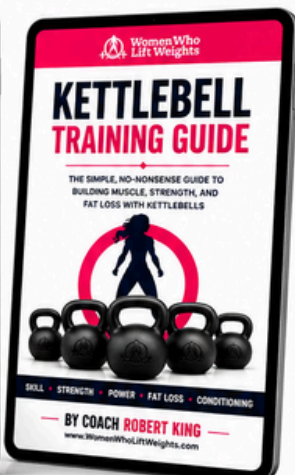
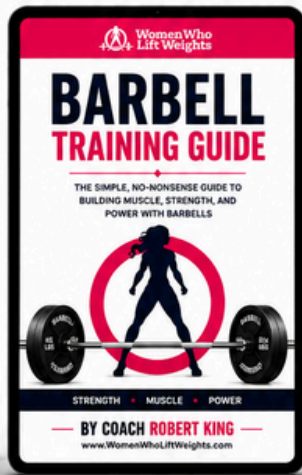
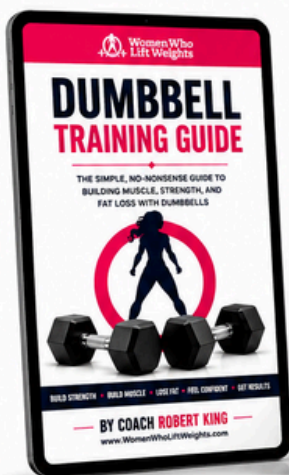


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CONTINUE YOUR STRENGTH JOURNEY

EXPLORE WWLW TRAINING GUIDES



MORE THAN JUST GUIDES

EVERYTHING YOU NEED TO GET STRONGER



TRAINING GUIDES

Step-by-step guides to build muscle, strength & confidence.



DIGITAL PROGRAMS

Complete training programs to help you reach your goals.



VIDEO LIBRARY

Exercise demos, technique tips & workouts.



STRENGTH GEAR

High-quality gear designed for women who lift.



VISIT THE WWLW STORE

TRAIN SMART. LIFT STRONG. LIVE EMPOWERED.

SHOP NOW



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