

20-Minute Full-Body Dumbbell Workout (Minimal Rest)

Coach: Gregory | FitWithGreg.com

Goal: Build strength, boost cardio, and complete it in 20 minutes.

Equipment: 1 pair of dumbbells, a mat, and water.

Format: 4 circuits, 40 seconds work, 20 seconds transition. Move steady. Minimal rest.

Warm-up: 3–5 minutes of light cardio and mobility (arm circles, hip openers, bodyweight squats).

How it works

- Work: 40 seconds per move.
- Transition: 20 seconds to breathe and set up.
- Circuits: 4 total. Each circuit has 3 moves. Do Circuit 1 twice, then move on. Repeat for Circuits 2–4.
- Pace: Smooth reps with full control. Stop if form breaks.
- Weights: Pick a weight you can control for the full 40 seconds with 2–3 reps left in the tank.

Circuit 1: Legs and core (x2 rounds)

Goblet Squat: Hold 1 dumbbell at your chest. Sit hips down and back. Knees track over toes. Drive through heels. Stand tall, squeeze glutes.

Reverse Lunge (alternating): Step back, drop back knee under hip. Front shin vertical. Chest tall. Push through front heel, switch legs.

Dumbbell Deadlift: Hinge at hips, soft knees. Dumbbells close to legs. Back flat, core tight. Squeeze glutes to stand.

Circuit 2: Push focus (x2 rounds)

Floor Press: Lie on back, dumbbells over chest. Lower elbows 45 degrees. Press up, ribs down.

Push-Up: Hands under shoulders. Body in a straight line. Elbows 30–45 degrees. Chest to floor, press up.

Dumbbell Overhead Press: Stand tall, core braced, glutes tight. Press overhead. Biceps by ears. Don't lean back.

Circuit 3: Pull focus (x2 rounds)

Bent-Over Row: Hinge, back flat. Pull elbows to ribs. Squeeze shoulder blades. Control down.

RDL to High Pull: Hinge to mid-shin, snap hips forward, guide dumbbells to chest line with elbows high. Control the return.

Plank Pull-Through: High plank. Dumbbell set to one side. With opposite hand, drag it across under your chest. Switch sides each rep. Hips square.

Circuit 4: Full-body finisher (x2 rounds)

Squat to Press (Thruster): Front rack. Squat down, drive up, press overhead. Heels down, core tight.

Alternating Snatch: Hinge, drive through legs, pull dumbbell close, punch overhead. Lock out. Switch hands on the way down or on floor.

Russian Twist: Sit tall, lean back slightly, heels down or up. Hold one dumbbell. Rotate ribcage side to side. Keep shoulders away from ears.

Cool-down: 3–4 minutes

- Hamstring stretch, 30 seconds each.
- Quad stretch, 30 seconds each.
- Chest doorway stretch, 45 seconds.

- Child's pose with side reach, 45 seconds.
- Breathe in through the nose, out slow through the mouth.

Form cues and tips

- Neutral spine: no rounding in hinges or rows.
- Brace first: exhale, set ribs down, then move.
- Range over ego: full motion beats heavier weight.
- Quality reps: if form slips, pause or drop weight.
- Minimal rest: use the 20-second transitions; add 30–60 seconds between circuits only if needed.

Weekly plan

- Do this workout 3 days per week on non-consecutive days.
- Optional add-ons: 10–15 minutes of easy zone 2 cardio after. Walks on rest days.

Suggested dumbbell weights

- Beginners: 10–20 lb per hand.
- Intermediate: 20–35 lb per hand.
- Advanced: 35–50+ lb per hand. Choose the load that lets you keep clean form for all sets.

Safety

- Warm up before. Stop with sharp pain, dizziness, or numbness.
- Hydrate. Clear space around you.
- Check with a doctor if you have injuries or conditions.

Printable one-page checklist

4 circuits, 3 moves each, 40s on / 20s transition, 2 rounds per circuit
Circuit 1: Goblet Squat, Reverse Lunge, DB Deadlift
Circuit 2: Floor Press, Push-Up, Overhead Press
Circuit 3: Bent-Over Row, RDL to High Pull, Plank Pull-Through
Circuit 4: Squat to Press, Alt Snatch, Russian Twist
Cool-down: Hamstrings, Quads, Chest, Child's Pose