

How to Progressive Overload With Dumbbells at Home

FitWithGreg.com | Coach Gregory

Beginner Full-Body Workout (3 Days/Week)

- Train on Monday, Wednesday, and Friday
- Rest, walk, or stretch on other days
- Keep protein high and hydrate well

Exercises

- Goblet Squat: 3 sets × 8–10 reps
- Dumbbell Floor Press: 3 sets × 8–10 reps
- One-Arm Row: 3 sets × 10–12 reps (per arm)
- Romanian Deadlift: 3 sets × 10–12 reps
- Half-Kneeling Shoulder Press: 2–3 sets × 8–10 reps (per side)
- Optional Finisher: 5 minutes alternating reverse lunges

Progressive Overload (Weeks 1–4)

- Week 1: Use a weight you can fully control. Stay at the low end of reps.
- Week 2: Add +1 rep per set across most exercises.
- Week 3: Add another +1 rep per set (form must stay strict).
- Week 4: Add +1 set to squats and rows, reset reps to the low end.

Notes & Tips

- Rest 60–90 seconds between sets.
- If short on time: swap a day for a 15-minute full-body dumbbell circuit to keep consistent.
- For technique refreshers: see Beginner Dumbbell Exercise Guide at FitWithGreg.com

Intermediate Upper/Lower Split (4 Days/Week)

For those ready to progress after 4–8 weeks of consistency.

Upper A

- Flat Dumbbell Press: 4×6–8
- One-Arm Row: 4×8–10

- Seated Shoulder Press: 3x8–10
- Incline Curl: 3x10–12
- Dumbbell Skull Crusher: 3x10–12

Lower A

- Front-Loaded Goblet Squat: 4x8–10
- Dumbbell Romanian Deadlift: 4x8–10
- Split Squat: 3x8–10 per leg
- Calf Raise: 3x12–15
- Plank: 3x30–45 sec

Upper B

- Neutral-Grip Floor Press: 4x8–10
- Chest-Supported Row: 4x8–10
- Lateral Raise: 3x12–15
- Hammer Curl: 3x10–12
- Push-Up on Dumbbells: 2xAMRAP (leave 1–2 reps in the tank)

Lower B

- Dumbbell Deadlift: 4x6–8
- Reverse Lunge: 3x8–10 per leg
- Hip Thrust: 3x10–12
- Leg Curl with Sliders: 3x10–12
- Hollow Hold: 3x20–30 sec

4-Week Progression (Intermediate Plan)

- Week 1: Low end of rep ranges.
- Week 2: Add +1 rep per set.
- Week 3: Add +1 set to the first big lift each day.
- Week 4: Increase dumbbell weight for the first big lift, reset reps to low end.
- Tip: If a jump feels heavy, maintain the weight and slow the lowering phase for 1–2 weeks, then progress.

Extra Resource

■ Grab my Free 14-Day Home Dumbbell Starter Plan at FitWithGreg.com

Safety Disclaimer

This workout is for general educational purposes only. Always consult your physician before starting a new exercise program, especially if you have any medical conditions or injuries. Stop any exercise that causes pain, dizziness, or shortness of breath. Perform movements with correct form, and use weights you can control safely.