



3-Day Full-Body Dumbbell Home Workout for Men Over 60

Day 1 – Full-Body Strength A

Set 1 ■	Set 2 ■	Set 3 ■	Goblet Squat — 8–12 reps
Set 1 ■	Set 2 ■	Set 3 ■	One-Arm Dumbbell Row — 8–12 reps/side
Set 1 ■	Set 2 ■	Set 3 ■	Dumbbell Floor Press — 8–12 reps
Set 1 ■	Set 2 ■	Set 3 ■	Dumbbell Romanian Deadlift — 8–10 reps
Set 1 ■	Set 2 ■	Set 3 ■	Hammer Curl — 10–12 reps
Set 1 ■	Set 2 ■	Set 3 ■	Seated Dumbbell March — 20–30 seconds

Day 2 – Full-Body Strength B

Set 1 ■	Set 2 ■	Set 3 ■	Sit-to-Stand with Dumbbells — 8–12 reps
Set 1 ■	Set 2 ■	Set 3 ■	One-Arm Dumbbell Shoulder Press — 8–10 reps/side
Set 1 ■	Set 2 ■	Set 3 ■	Dumbbell Hip Hinge to Row — 8–10 reps
Set 1 ■	Set 2 ■	Set 3 ■	Step-Back Lunge to Support — 6–8 reps/side
Set 1 ■	Set 2 ■	Set 3 ■	Chest-Supported Row — 10–12 reps
Set 1 ■	Set 2 ■	Set 3 ■	Farmer Carry — 20–30 seconds

Day 3 – Full-Body Strength C

Set 1 ■	Set 2 ■	Set 3 ■	Dumbbell Split Squat (Static Lunge) — 6–10 reps/side
Set 1 ■	Set 2 ■	Set 3 ■	Incline Push-Up or Dumbbell Floor Press — 8–12 reps
Set 1 ■	Set 2 ■	Set 3 ■	Bent-Over Reverse Fly — 10–12 reps

Set 1 ■	Set 2 ■	Set 3 ■	Elevated Deadlift — 8–10 reps
Set 1 ■	Set 2 ■	Set 3 ■	Lateral Raise — 8–12 reps
Set 1 ■	Set 2 ■	Set 3 ■	Standing Side Crunch with Dumbbell — 10–12 reps/side