

15-Minute Full-Body Dumbbell Workout for Busy Professionals

Instructions

- Use a pair of dumbbells that feel challenging but allow good form.
- Perform each exercise for **40 seconds**, rest **20 seconds**.
- Complete 2–3 rounds total (\approx 15 minutes).

Optional Warm-Up (2 Minutes)

- 1 ■ Arm Circles (30s)
- 2 ■ Hip Openers (30s)
- 3 ■ Air Squats (30s)
- 4 ■ March in Place (30s)

Full-Body Dumbbell Circuit

- ■ **Dumbbell Goblet Squat** — Hold one dumbbell at chest, squat low, drive through heels.
- ■ **Dumbbell Bent-Over Row** — Hinge at hips, pull dumbbells toward ribs.
- ■ **Dumbbell Shoulder Press** — Press dumbbells overhead from shoulders.
- ■ **Dumbbell Romanian Deadlift** — Slight knee bend, hinge at hips, squeeze glutes.
- ■ **Dumbbell Reverse Lunge** — Step back into lunge, alternate legs.
- ■ **Dumbbell Russian Twist** — Sit tall, rotate dumbbell side to side.

Optional Cool-Down (2 Minutes)

- 1 ■ Forward Fold Stretch
- 2 ■ Chest Stretch
- 3 ■ Quad Stretch
- 4 ■ Deep Breathing

Workout Notes

Rounds Completed:	_____	Weights Used:	_____
Comments:	_____		