

# Dumbbell-Only Home Workout Plan

PrimeForMen | Practical worksheet | September 18, 2026

Train on nonconsecutive days. Returners: Days A/B, one work set each.

Warm up 5 minutes, then rehearse with light loads.

Work sets: leave about 2-3 controlled reps available. Rest 90-120 sec.

DAY A / C: goblet squat 2 x 8-10; floor press 2 x 8-12.

Supported row 2 x 8-12/side; glute bridge 2 x 10-15.

Heel slide 2 x 6/side. C repeats A.

DAY B: dumbbell Romanian deadlift 2 x 8-10.

Wall/incline push-up 2 x 6-12; supported row 2 x 8-12/side.

Supported split squat 2 x 6-8/side; suitcase hold 2 x 15-25 sec/side.

Use lighter loads / sit-to-stands / wall push-ups as needed.

Top range on all sets in two controlled sessions? Try a small load step.

If the next load breaks technique, keep the previous load.

**Setup, available loads and chosen substitutions**

**Date / exercise / weight per dumbbell / reps for each set / effort**

**Next session: repeat or change ONE variable**

Instructions and adaptations: [primeformen.com/dumbbell-only-home-workout-plan/](https://primeformen.com/dumbbell-only-home-workout-plan/)

Educational example, not individualized care. Stop for pain or unusual symptoms.