



FOUR-WEEK FULL-BODY DUMBBELL FURY

 **Main Goal**
INCREASE STAMINA & ENDURANCE

 **Workout Type**
CIRCUIT TRAINING, STRENGTH TRAINING

The Four-Week Full-Body Dumbbell Fury program is designed to build strength, enhance power, and improve conditioning – all with just dumbbells.

Program Duration 4 Weeks	Days Per Week 3 Days	Time Per Workout 45 - 60 Mins	Target Gender Male & Female	Training Level Intermediate
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WORKOUT SCHEDULE

WEEK 1	Days 1-7	WEEK 2	Days 8-14	WEEK 3	Days 15-21	WEEK 4	Days 22-28
<input type="radio"/> 1	Strength	<input type="radio"/> 8	Strength	<input type="radio"/> 15	Strength	<input type="radio"/> 22	Strength
<input type="radio"/> 2	Rest	<input type="radio"/> 9	Rest	<input type="radio"/> 16	Rest	<input type="radio"/> 23	Rest
<input type="radio"/> 3	Power & Athleticism	<input type="radio"/> 10	Power & Athleticism	<input type="radio"/> 17	Power & Athleticism	<input type="radio"/> 24	Power & Athleticism
<input type="radio"/> 4	Rest	<input type="radio"/> 11	Rest	<input type="radio"/> 18	Rest	<input type="radio"/> 25	Rest
<input type="radio"/> 5	Conditioning & Endurance	<input type="radio"/> 12	Conditioning & Endurance	<input type="radio"/> 19	Conditioning & Endurance	<input type="radio"/> 26	Conditioning & Endurance
<input type="radio"/> 6	Rest	<input type="radio"/> 13	Rest	<input type="radio"/> 20	Rest	<input type="radio"/> 27	Rest
<input type="radio"/> 7	Rest	<input type="radio"/> 14	Rest	<input type="radio"/> 21	Rest	<input type="radio"/> 28	Rest

Each workout serves a specific purpose:


- **Strength** – Focuses on controlled, heavy lifts to build muscle and overall strength.
- **Power & Athleticism** – Emphasizes explosive movements for speed, coordination, and functional performance.
- **Conditioning** – Pushes endurance and work capacity while reinforcing full-body muscular endurance.

This program is ideal for individuals who want a balanced approach to strength and athleticism without requiring barbells or machines. It's structured to ensure progressive overload, movement efficiency, and optimal recovery, making it effective and sustainable over four weeks or even more.

The Four-Week Full-Body Dumbbell Fury program isn't about random workouts. It is structured for strength, power, and conditioning. Each day plays a role in improving performance and building a well-rounded physique. Stick to the plan, push for small progressions, and stay consistent for all four weeks. If done right, you'll come out stronger, faster, and better conditioned.

WORKOUT TIPS

- **Master the Basics** – Focus on form, control, and full range of motion before increasing weight.
- **Train with Intent** – Match your intensity to the workout type: strength (control), power (explosiveness), and conditioning (endurance).
- **Prioritize Recovery** – Rest days are essential for strength gains; adjust effort if feeling fatigued.
- **Progress Gradually** – Increase weight, speed, or reduce rest periods over time for continuous improvement.



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WORKOUTS

Use the workouts below along with your workout schedule to know exactly when to perform each workout. If you need assistance with understanding how to perform an exercise visit www.trainest.com.

STRENGTH	
WARM UP	EXECUTION
Bodyweight Squat	1 Set, 10-12 Reps
Arm Circles	1 X 1 Min
Glute Bridge	1 Set, 10-12 Reps
Shoulder Taps	1 Set, 20 Reps
MAIN EXERCISE	EXECUTION
Dumbbell Front Squats	2 Sets, 6-8 Reps
Dumbbell Romanian Deadlift	2 Sets, 6-8 Reps
Dumbbell Floor Press	2 Sets, 6-8 Reps
Dumbbell Bent-Over Row	2 Sets, 6-8 Reps
Dumbbell Split Squat	2 Sets, 8-10 Reps
Dumbbell Farmer's Walk	2 Sets, 30 Sec
COOL DOWN	EXECUTION
Prone Quad Stretch	1 x 1 Min (30sec each side)
Quadruped Thoracic Rotation	1 Set, 8-10 Reps
Straddle	1 x 30 Sec
Time Per Workout: 53.5 Mins Equipment Required: Dumbbells Notes: Rest 2-3 minutes between sets, adjusting as needed; take longer breaks for more challenging movements.	

POWER & ATHLETICISM	
WARM UP	EXECUTION
(Imaginary) Jump Rope	1 Set, 3-5 Mins
Push-up to Down Dog	1 Set, 10-12 Reps
Jump Squat	1 Set, 8-10 Reps
MAIN EXERCISE	EXECUTION
Dumbbell Jump Squat	2 Sets, 6-8 Reps
Dumbbell Push Press	2 Sets, 6-8 Reps
Dumbbell Hang Clean	2 Sets, 6-8 Reps
Forward to Reverse Lunge*	2 Sets, 6-8 Reps
Dumbbell Renegade Row	2 Sets, 6-8 Reps
Dumbbell Spell Caster	2 Sets, 8-10 Reps
COOL DOWN	EXECUTION
Cat Cow	1 x 1 Min
Dynamic Pigeon Stretch	1 x 1 Min (30sec each side)
Time Per Workout: 53 Mins Equipment Required: Dumbbells Notes: *Optional Use Of Dumbbells Rest 2-3 Minutes Between Sets, Adjusting As Needed; Take Longer Breaks For More Challenging Movements.	

CONDITIONING & ENDURANCE	
WARM UP	EXECUTION
High Knees	1 x 1 Min
YTWs	1 Set, 10-12 Reps
Single-Leg Deadlift	1 Set, 10-12 Reps each side
MAIN EXERCISE	EXECUTION: Circuit, 4 Rounds
Dumbbell Thruster	10 Reps
Dumbbell Deadlift to High Pull	10 Reps
Alternating Dumbbell Reverse Lunge	10 Reps per leg
Dumbbell Seesaw Row	10 Reps per side
Plank Dumbbell Pull-Through	10 Reps per side
Dumbbell Russian Twists	10 Reps per side
COOL DOWN	EXECUTION
Child's Pose	1 x 1 Min
Thread the Needle	1 x 1 Min
Time Per Workout: 60 Mins Equipment Required: Dumbbells Notes: Perform the Main Workout as a circuit for 4 rounds, with minimal rest (0-10 seconds) between exercises and 3-5 minutes between rounds.	