

Monday - upper body:

1. Push-ups 4x20
2. Incline push-ups 4x20
3. Resistance band pulldowns 4x10-15
4. Resistance band rows 4x10-15
5. Arnold press 4x10-15
6. Standing lateral raises 4x10-15
7. Dumbbell skullcrushers 4x10-15 superset with ▼
8. Dumbbell curls 4x10-15
9. Sit-ups 4x20

Tuesday - lower body:

1. Goblet squats 4x20
2. Walking lunges 4x10-15 per leg
3. Step ups 4x10-15 per leg
4. Romanian deadlifts with dumbbells 4x15-20
5. Standing calf raises 4x20
6. Plank 4x45-60 seconds

Thursday - upper body:

1. Incline dumbbell press 4x10-15
2. Dumbbell flies 4x15-20
3. Single arm dumbbell rows 4x10-15 per arm
4. Dumbbell pullovers 4x10-15
5. Resistance band shoulder press 4x10-15
6. Bent over flies 4x10-15
7. Bench dips for triceps 4x20 superset with ▼
8. Hammer curls 4x10-15
9. Leg levers 4x20

Friday - lower body:

1. Air squats with dumbbells 4x10-15
2. Split squats 4x10-15 per leg
3. Stiff legged deadlifts with dumbbells 4x10-15
4. Lying leg curls with resistance band 4x10-15
5. Side lunges 4x10-15 per leg
6. Single legged calf raises 4x20 per leg
7. Reverse plank 4x45-60 seconds

Rest between the sets is 45-60 seconds

This is workout plan for those who have dumbbells and resistance band. I can provide more workouts weekly depending on how much time I have. I'd be happy to