

6 Day Push/Pull/Legs (PPL) Dumbbell Workout Plan to Build Muscle

Created by [Murshid Akram](#)

Administrator of the [The Fitness Phantom](#)

Article Link - thefitnessphantom.com/6-day-dumbbell-workout-with-pdf

The PPL is one of the most efficient workout programs that boost strength and hypertrophy.

You can train your chest, shoulder, and triceps on day 1, back, biceps, and wrist on day two, and legs on day three in the PPL workout program.

Doing the dumbbell push, pull, legs for 6 days a week allows you to train your major muscles twice a week.

You can also train your abdominal muscles on your push or pull day, depending on how much energy you'll have after training a significant muscles group.

Abstract

Day	Workout Type	Muscles Worked
1	DB Push workouts	Chest, Triceps, and Shoulders
2	DB Pull workouts	Back, Biceps, Rear Delt & Core
3	Legs	Quads, Hams, Calves & Glute
4	DB Push workouts	Chest, Triceps, and Shoulders
5	DB Pull workouts	Back, Biceps, Rear Delt & Core
6	Legs	Quads, Hams, Calves & Glute

Related: [PPL 6 Day Gym Workout For Strength And Hypertrophy](#)

Day 1 – Dumbbell Push Workout – Chest, Triceps, and Shoulders

Workout	Muscles Worked	Reps
Flat DB Bench Press	Chest	15, 12, 10

Workout	Muscles Worked	Reps
Incline DB Bench Press	Chest	12, 10, 10
Incline Dumbbell Fly	Chest	12 & 10
DB Overhead Press	Shoulder	15, 12, 10
DB Front Raises	Shoulder	12 & 10
DB Lateral Raises	Shoulder	12, 10, 10
DB Skull Crusher	Triceps	12, 10, 10
Tricep Kickbacks	Triceps	10 x 2

Day 2 – Dumbbell Pull Workouts – Back, Biceps, Rear Delt & Core

Workout	Muscles Build	Reps
DB Bent Over Row	Back	15, 12, 10
One-arm Kneeling Row	Back	12, 10, 10
DB Facepull	Back, Rear Delt	10 x 2
Dumbbell Biceps Curl	Biceps	15, 12, 10
Concentration Curl	Biceps	10 x 2
Dumbbell Preacher Curl	Biceps	10 x 2
Dumbbell Side Bend	Oblique	10 x 2
DB Reverse Crunches	Abs	10 x 2

Day 3 – Dumbbell Legs Workout – Quads, Hams, Calves & Glute

Workout	Muscles Worked	Reps
Dumbbell Squat	Quad	15 x 2
DB Forward Lunges	Quad	10 x 2
Dumbbell Leg Extension	Quad	10 x 2
Dumbbell Leg Curl	Hamstring	10 x 2
DB Romanian DL	Hamstring	6 x 3
Dumbbell Glute Bridge	Glute	10 x 2
Dumbbell Calf Raises	Calves	15 x 2

Day 4

Dumbbell Push Workout	Muscles Build	Reps
Incline DB Bench Press	Chest	10, 8, 6, 4
Dumbbell Floor Press	Chest, Triceps	10, 8, 6, 4
Incline Dumbbell Fly	Chest	8 x 2
DB Tricep Overhead Extension	Triceps	10, 8, 6
Arnold Press	Shoulder	10, 8, 6, 4
DB Lateral Raises	Shoulder	8, 6, 5, 4
DB Rear Delt Raises	Shoulder	8 x 2

Day 5

DB Pull Workout	Muscles Worked	Reps
Overhand DB Bent-Over Row	Back	10, 8, 6
Dumbbell High Pull	Back	10, 8, 6
Incline Dumbbell Pullover	Back, Chest	10, 8, 6
Incline DB Plank Rowing	Back	10, 8, 6
Prone Incline Bicep Curl	Biceps	10, 8, 6
Wrist Curl	Biceps	10 x 2
Dumbbell Side Bend	Oblique	10 x 2
DB Leg Raises	Abs	10 x 2

Day 6

Workout	Muscles Worked	Reps
Dumbbell Sumo Squat	Quads	10 x 2
DB Reverse Lunges	Quads	10 x 2
Bulgarian Split Squat	Quads	10 x 2
Dumbbell Leg Curl	Hamstring	10 x 2
DB Romanian DL	Hamstring	6 x 3
Dumbbell Glute Bridge	Glute	10 x 2
Dumbbell Calf Raises	Calves	10 x 2

Once you complete this program for the suggested time, you can move on to the [gym exercises program](#) if you like. Or you can keep doing it till the time you'll enjoy and see the benefits.

You can also check out the below articles that include doing dumbbell exercises with a step-by-step guide. It will help perform each exercise effectively mentioned in the 6 Day dumbbell workout schedule.

- [10+ Dumbbell Chest Exercises](#)
- [Dumbbell Leg Exercises](#)
- [Dumbbell Back Workout](#)
- [Best Dumbbell Biceps Workout](#)
- [Best Dumbbell Triceps Exercises](#)
- [Top 10 Dumbbell Exercises For Shoulders](#)

Related Articles:

- [5 Day Dumbbell Workout Split](#)
- [The Best 4-Day Split Dumbbell Workout](#)
- [The Best Dumbbell HIIT Workout Plan \(With PDF\)](#)
- [Beginner Dumbbell Workout Routine With Free PDF](#)
- [12 Week Dumbbell Workout Plan \(With Free PDF\)](#)
- [The Ultimate 30-Day Dumbbell Exercise Routine](#)

Please help me grow on social sites:

[Instagram](#)

<https://www.instagram.com/thefitnessphantom/>

Facebook:

<https://www.facebook.com/fitnessphantom>

YouTube:

<https://www.youtube.com/c/MurshidAkram/>

If you want a personalized workout plan for yourself based on fitness level and goal, drop a message.