

LIFT LIKE A GIRL

DUMBBELL WORKOUT PROGRAM

Printable Workout Logs

Details for this workout can be found at:
www.NiaShanks.com/lift-like-a-girl-dumbbell-workout/

LIFT LIKE A GIRL DUMBBELL WORKOUT A

Exercise	Set 1	Set 2	Set 3
1) Goblet squat			
Workout 1: 2x8-12			XX
Workout 2: 2x8-12			XX
Workout 3: 3x8-12			
Workout 4: 3x8-12			
Workout 5: 3x8-12			
Workout 6: 3x8-12			
2) Dumbbell bench press (or floor press)			
Workout 1: 2x8-12			XX
Workout 2: 2x8-12			XX
Workout 3: 3x8-12			
Workout 4: 3x8-12			
Workout 5: 3x8-12			
Workout 6: 3x8-12			
3) Bent-over double-dumbbell row			
Workout 1: 2x8-12			XX
Workout 2: 2x8-12			XX
Workout 3: 3x8-12			
Workout 4: 3x8-12			
Workout 5: 3x8-12			
Workout 6: 3x8-12			

LIFT LIKE A GIRL DUMBBELL WORKOUT B

Exercise	Set 1	Set 2	Set 3
1) Romanian deadlift			
Workout 1: 2x8-12			XX
Workout 2: 2x8-12			XX
Workout 3: 3x8-12			
Workout 4: 3x8-12			
Workout 5: 3x8-12			
Workout 6: 3x8-12			
2) Standing press			
Workout 1: 2x8-12			XX
Workout 2: 2x8-12			XX
Workout 3: 3x8-12			
Workout 4: 3x8-12			
Workout 5: 3x8-12			
Workout 6: 3x8-12			
3) One-arm dumbbell row			
Workout 1: 2x8-12			XX
Workout 2: 2x8-12			XX
Workout 3: 3x8-12			
Workout 4: 3x8-12			
Workout 5: 3x8-12			
Workout 6: 3x8-12			

Want More Dumbbell Workouts?

Get done-for-you dumbbell workouts that are a great follow up to the Lift Like a Girl Dumbbell Program.



The *Dumbbell Strength Training Guide* includes an 8-Week Strength Training Program and 4-Week Time-Crunch Program, exercise-demonstration videos for every exercise, and workout logs.

[Click here or the image above to get all the details.](#)