

# THE 5-MINUTE

## DUMBBELL WORKOUT FOR MEN

*A 'NO EXCUSE' MUSCLE & STRENGTH ROUTINE*



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# WELCOME TO THE BEST 5-MINUTE DUMBBELL WORKOUT FOR MEN!

If you only did these 5 dumbbell exercises (or variations of them) in your workouts for the rest of your life, you would absolutely see muscle mass gains.

While there are literally hundreds of fantastic muscle building dumbbell exercises, these five are the foundational movement patterns the body needs for muscular growth.

At their core, everything boils down to the BIG LIFTS that involve the most muscle being targeted at once. These are known as Compound Lifts.

The compound lifts like squats, deadlifts, bench press, overhead press and bent over row are the trademark exercises that move the needle most in your training. Performing these 5 lifts with more weight is the goal for muscular stress and growth.

There is only so much you can do in 5 minutes but this is just the starting point. And everyone needs to get started somewhere before doing more intense training routines. So

congratulations on taking that step to improving your body!

Do these exercises with proper form, consistency and regular weight increases and over time you will GROW! Remember, your body is an adaption machine. You must continue to change or modify the workout parameters to stimulate and promote muscular growth.

Of course you can push and pull more weight with a barbell but if dumbbells are all you have or want to use, you can STILL build a strong, massive physique with consistency and effort.

This type of training translates to strength gains, muscular gains, athletic gains and most exciting, hormonal gains. That's right, these lifts are the ones that have the GREATEST impact on your anabolic response to weight training and do the most to boost metabolism and burn fat. So get started today with the fastest full body dumbbell workout anywhere.

# 5-MINUTE DUMBBELL WORKOUT FOR MEN - WORKOUT PARAMETERS

WORKOUT FOR MEN
Exercises
Workout parameters: 40 secs ON / 20 secs OFF for 5 minutes
Goblet Squat (1 dumbbell) - perform for 40 secs, rest 20 secs
Deadlift (2 dumbbells) - perform for 40 secs, rest 20 secs
Bent Over Row (2 dumbbells) - perform for 40 secs, rest 20 secs
Overhead Press (2 dumbbells) - perform for 40 secs, rest 20 secs
Chest Press (2 dumbbells) - perform for 40 secs, rest 20 secs

**NOTE** - if you have more time, do more rounds. Ideally you can spend 10 or even 15 minutes with this routine and see results even faster.

Another way to intensify this workout is by increasing work time and decreasing rest time (try :45 secs ON, :15 secs OFF) -or- increase the weight that you're working with.