

*Haley Nicole Fit*

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*5 Day  
At-Home  
Workout  
Guide*

Dumbbells Only

*By: Haley Meier*

*5 days of workouts that  
you can do at-home!*

The only equipment needed is a pair of dumbbells.

This eBook includes:

1 Chest, Shoulders and Triceps Workout

1 Back & Biceps Workout

1 Cardio and HIIT Workout

1 Legs and Abs Workout

1 Upper Body and HIIT Workout

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# Day 1: Chest, Shoulders, and Triceps

## Warm-Up

2 Rounds

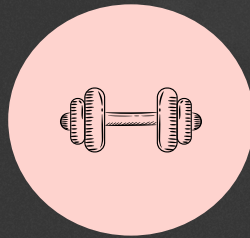
40 plank jacks

20 cross legged- crunches

## SuperSet

Push-Ups 4x10

Standing Lateral Dumbbell Flys 4x10



## SuperSet

Standing Alternating Overhead Press 4x10

Commandos 4x12 (each side)

## SuperSet

Standing Overhead Tricep Extension 4x10

4 mountain climbers + 1 push up 4x10

## SuperSet

Dumbbell floor Chest Press 3x15

Slow Tricep Push-up: lower your body slowly for 5 seconds then push up 3x15

Cool down: 10 minutes stretch / walk

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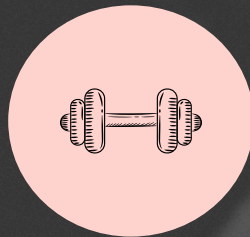
# Day 2: Back and Biceps

## Warm-Up

2 Rounds

24 Renegade Rows (plank rows)

24 Leg Lifts



## SuperSet

Burpee to Dumbbell Bicep Curl 4x10

Standing Single Arm Dumbbell Row 4x10 (each arm)

## SuperSet

Feet Elevated Bridges 4x10 (use a chair or short table)

Dumbbell Romanian Deadlifts 4x10

## TriSet

Push-Up and Hold (for 3 seconds) 4x10

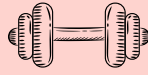
Alternating Dumbbell Bicep Curls 4x10

Bent Over Delt Raises 4x10

Finisher: 1 Minute plank x4

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# Day 3: Cardio + HIIT



## Circuit 1:

4 Rounds

100 Jumping Jacks

50 Pop Squats (no weight)

20 Weighted Sumo Squats with Heel Raise

12 Dumbbell Upright Rows to Overhead Press

## Circuit 2:

4 Rounds

1-Minute Running In Place

12 Reverse Lunge to Bicep Curl (each leg)

1-Minute Ab Bicycles

20 Dumbbell Squats

## Finisher:

2x1 minute Squat to Bicep Curl

2x1 minute Reverse Crunch

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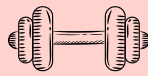
# Day 4: Legs and Abs

## Warm-Up

2 Rounds

50 Jump Squats

10 Side Lunges (each side)



## TriSet

Weighted Sumo Squat and Pulse 3x15

Pop Squats 3x20

Ab Toe Touches 3x15

## TriSet

Weighted Lunges 4x20 (total)

Weighted Squat to Sit (use a chair) 4x15

Russian Twists 4x20

## SuperSet

Weighted Bulgarian Split Squats 4x10 (use a chair)

Hip Raises (can use a band) 4x25

## Finisher:

2x1 minute jump lunges | 2x1 minute wall-sits

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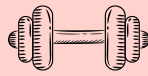
# Day 5: Upper Body + HIIT

## Warm-Up

2 Rounds

30 second Side Plank (each side)

15 Supermans



## Circuit 1:

4 Rounds

1 minute Mountain Climbers

12 Alternating Bicep Curls (each arm)

12 Cross Body Front Raises (each arm)

20 Triceps Dips (use a chair or low table)

## Circuit 2:

4 Rounds

15 Standing Dumbbell Arnold Press and Pulse

12 Dumbbell Hammer Curl to Bent Arm Side Raises

15 Dumbbell Floor Chest Press

30 second Burpees

## Finisher:

2x1 minute Penguin Crunches | 2x1 minute Commandos

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