

# 31-Day Dumbbell Routine

## Week 1

1 *Upper Body*

2 *Lower Body*

3 *Core*

4 *Rest*

5 *Lower Body*

6 *Rest*

7 *Upper Body*

## Week 2

8 *Rest*

9 *Core*

10 *Upper Body + Lower Body*

11 *Rest*

12 *Core*

13 *Upper Body + Lower Body (12 reps)*

14 *Rest*

## Week 3

15 *Upper Body + Lower Body + Core (12 reps)*

16 *Rest*

17 *Upper Body + Lower Body at (15 reps)*

18 *Core*

19 *Rest*

20 *Combo*

21 *Rest*

## Week 4

22 *Combo & Core*

23 *Rest*

24 *Combo + Core at (12 reps)*

25 *Rest*

26 *Combo + Core at (12 reps)*

27 *Rest*

28 *Combo + Core at (15 reps)*

## Week 5

29 *Rest*

30 *Combo + Core at (15 reps)*

31 *Rest*

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