

12 Week Dumbbell Workout Plan

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Check out [article](#) for more info

Summary

Week- 1, 5, 9	Push/Pull/legs (PPL)
Week- 2, 6, 10	Upper/Lower split
Week- 3, 7, 11	Full Body
Week- 4, 8, 12	Muscle Group Split
Total Training Period	12 Weeks
Difficulty level	Beginner to Intermediate
Equipment Require	Dumbbells and a flexible bench
Training Goal	Strength and Muscle Building
Duration of each session	45 to 60 minutes
PDF of This Workout Plan	At the Bottom
Recommended Supplements	Whey Protein Powder

Additional Information:

- **Who can follow this program:** This program is suitable for all fitness enthusiasts, from male and female to beginners and intermediates.
- **Rest between sets:** 1 to 2 minutes is the optimum rest between sets. Take shorter rest during the unilateral exercises, for example, during the one-arm dumbbell row, side bend, and single-arm overhead tricep extension.
- **Load:** You can lift as heavy dumbbells as you like as long as you perform the suggested sets and reps with the correct form.
- **Warm-up exercises:** It's good to warm up for at least five minutes before doing the main exercises. Doing warm-ups helps increase your blood flow and your performance and minimize the risk of injuries. You can do [multiple exercises](#), such as jumping jacks, burpees, high knees, squat jumps, and mountain climbing, to get your heart pumped.

Related: [The Ultimate 72 Days Dumbbell Training \(Workout at Your Own Pace\)](#)

The Best 12 Week Dumbbell Workout Plan to Build Muscles

Week 1 – Push/Pull/Leg-core

Monday Day 1: Dumbbell Push Workout

Push Workout	Muscles	Reps	Rest
Flat DB Bench Press	Chest	12 x 3	2-min
Incline DB Bench Press	Chest	10 x 3	2-min
Overhead Press	Shoulder	12 x 3	2-min
DB Side Lateral Raises	Shoulder	10 x 3	1-min
Rear Delt Dumbbell Fly	Shoulder	10 x 3	1-min
Overhead Tricep Extension	Tricep	10 x 3	1-min

Wednesday Day 2: Dumbbell Pull Workout

Exercise	Muscles	Reps	Rest
Dumbbell Bent-Over Row	Back	12 x 3	2-min
One-Arm DB Rowing	Back	10 x 3	90-sec
Dumbbell Face Pull	Back	10 x 3	90-sec
Alternate Bicep curl	Bicep	10 x 3	90-sec
Alternate Hammer Curl	Bicep	10 x 3	90-sec
Palm up Wrist Curl	Forearm	10 x 3	1-min

Friday Day 3: Dumbbell Leg and Core Workout

Exercise	Muscles	Reps	Rest
Dumbbell Squat	Quad	12 x 3	2-min
Dumbbell Leg Extension	Quad	10 x 3	90-sec
Prone Lying DB Leg Curl	Hamstring	10 x 3	2-min
Dumbbell Glute Bridge	Glute	10 x 2	90-sec
Dumbbell Calf Raises	Calves	10 x 3	90-sec
DB Side Band	Core	10 x 2	30-sec
Straight Arm Crunches	Core	10 x 2	30-sec
Dumbbell Russian Twist	Core	10 x 2	30-sec
Dumbbell Side Plank	Core	10 x 2	30-sec

Week 2 (Upper/lower split)

Monday- Upper Body Workout

Exercises	Muscles	Reps	Rest
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Flat DB Bench Press	Chest	12 x 3	2-min
Incline DB Bench Press	Chest	10 x 3	2-min
Dumbbell Pullover	Chest	10 x 2	90-sec
Dumbbell Arnold Press	Front Delt	10 x 3	2-min
Dumbbell Lateral Raise	Side Delt	10 x 3	90-sec
Seated Rear Delt Fly	Rear Delt	10 x 3	90-sec
One-arm Tricep Extension	Triceps	10 x 2	90-sec

Tuesday- Lower Body Workout

Exercises	Muscles	Reps	Rest
Dumbbell Front Lunges	Quads	10 x 3	2-min
Dumbbell Squat	Quads	12 x 4	2-min
Romanian Deadlift	Hamstring	10 x 3	2-min
Prone Lying DB Leg Curl	Hamstrings	10 x 3	90-sec
Dumbbell Glute Bridge	Glute	10 x 2	90-sec
Dumbbell Calf Raises	Calves	10 x 3	90-sec

Thursday- Upper Body Workout

Exercises	Muscles	Reps	Sets
Dumbbell Bent-Over Row	Back	12 x 3	2-min
One-arm Dumbbell Row	Back	10 x 3	1-min
Dumbbell Seal Row	Back	10 x 3	1-min
Alternate Dumbbell Curl	Biceps	10 x 3	1-min
Incline Dumbbell Curl	Biceps	10 x 3	2-min
Standing Side Bend	Oblique	10 x 2	30-sec
Dumbbell Side Plank	Oblique	30-sec/Side	30-sec

Friday- Lower Body

Exercises	Muscles Worked	Reps	Rest
Dumbbell Deadlift	Lower Body	8 x 3	2-min
Dumbbell Sumo Squat	Quad	12 x 3	2-min
Dumbbell Step-up	Lower Body	10 x 3	1-min
Lying Leg Curl	Hamstring	10 x 3	1-min
Dumbbell Hip Thrust	Glutes	10 x 3	1-min
Dumbbell Superman	Lower Back	10 x 2	1-min
Dumbbell Calf Raises	Calves	10 x 3	1-min

Week 3 (Full Body workout)

Monday

Exercise	Muscles	Reps	Reps
Dumbbell Squat	Quad	12 x 3	2-min
Flat Dumbbell Bench Press	Chest	12 x 3	2-min
Dumbbell Overhead Press	Shoulder	12 x 3	2-min
Dumbbell Lateral Raises	Shoulder	10 x 3	90-sec
Dumbbell French Press	Triceps	10 x 3	90-sec
Dumbbell Leg Curl	Hamstring	10 x 3	90-sec
Dumbbell Side Bend	Oblique	10 x 2	30-sec

Tuesday

Exercise	Muscles	Reps	Rest
Dumbbell Deadlift	Full Body	8 x 3	2-min
Incline DB I-Y-T Raises	Back, Shoulder	8 x 3	2-min
DB Bent-Over Row	Back	10 x 3	90-sec
Dumbbell Pullover	Chest, Lats	10 x 3	90-sec
Standing Dumbbell Curl	Biceps	10 x 3	90-sec
Hammer curl	Biceps	10 x 3	90-sec
Dumbbell Glute Bridge	Glute	10 x 2	60-sec

Thursday

Exercises	Muscles	Reps	Rest
Dumbbell Front Lunges	Legs	10 x 2	90-sec
Incline DB Bench press	Chest	12 x 3	90-sec
Dumbbell Front Raise	Shoulder	10 x 3	90-sec
Dumbbell Upright Row	Shoulder	10 x 2	90-sec
One-arm Tricep Extension	Triceps	10 x 3	90-sec
One-arm Dumbbell Rowing	Back	10 x 3	60-sec
Concentration Curl	Biceps	10 x 3	90-sec

Friday

Exercises	Muscles	Reps	Sets
Dumbbell Squat	Chest	12 x 3	2-min
Seated DB IYT Raise	Triceps	8 x 3	2-min
DB Bent-Over Row	Triceps	10 x 3	90-sec
Dumbbell RDL	Triceps	10 x 3	90-sec
DB Calves Raises	Glutes	10 x 3	60-sec
Dumbbell Crunches	Abs	10 x 2	60-sec
Dumbbell Side Bend	Oblique	10 x 2	60-sec
Dumbbell Side Plank	Oblique	10 x 3	60-sec

Week 4 – Muscle Group Split (Bro Split)

- Monday – Chest
- Tuesday – Back
- Wednesday – Legs
- Thursday – Shoulders
- Friday – Arms
- Saturday – Core
- Sunday – OFF

Monday – Chest

Exercises	Reps	Rest
Flat Dumbbell Bench Press	12 x 4	2-min

Incline Dumbbell Bench Press	10 x 3	2-min
Dumbbell Fly	10 x 3	90-sec
Dumbbell Upward Fly	10 x 3	90-sec
Dumbbell Pullover	10 x 3	90-sec

Tuesday – Back

Exercises	Reps	Rest
Dumbbell I-Y-T Raises	8 x 3	2-min
Dumbbell Bent-Over Row	12 x 3	90-sec
One-Arm Dumbbell Rowing	10 x 3	1-min
Decline Dumbbell Pullover	10 x 3	90-sec
Dumbbell Seal Row	10 x 3	90-sec
Dumbbell Superman	8 x 3	1-min

Wednesday – Legs

Exercises	Reps	Rest
Dumbbell Lunges	10 x 3	1-min
Dumbbell Front Squat	12 x 3	1-min
Dumbbell Step-up	10 x 3	1-min
Dumbbell RDL	10 x 3	1-min
Dumbbell Leg Curl	10 x 3	1-min
Dumbbell Hip Thrust	10 x 2	1-min
Dumbbell Calf Raises	10 x 3	1-min

Thursday – Shoulders

Exercises	Reps	Rest
Dumbbell Arnold Press	12 x 3	2-min
Alternate Front Raise	10 x 3	2-min
Dumbbell Lateral Raise	10 x 4	2-min
Bent-over Rear Delt Fly	10 x 3	1-min
Dumbbell Facepull	10 x 3	1-min
Dumbbell Shrug	10 x 3	1-min

Friday – Arms

Exercises	Reps	Rest
Crush Grip Pushup	10 x 3	2-min
Incline DB French Press	10 x 3	90-sec
One-arm Triceps extension	10 x 3	1-min
Triceps Kickback	10 x 2	1-min
Alternate Biceps Curl	10 x 3	90-sec
Incline Dumbbell Curl	10 x 3	90-sec
Alternate Hammer Curl	10 x 3	60-sec
Concentration Curl	10 x 3	90-sec

Saturday – Core

Exercise	Reps	Rest
Dumbbell Crunches	10 x 3	30-sec
DB Side Bend	10 x 3	30-sec
Dumbbell Leg Raises	10 x 3	30-sec
Russian Twist	10 x 3	30-sec
Dumbbell Side Plank	10 x 3	30-sec
Dumbbell Hollow Body	10 x 3	30-sec

Repeat in Circuit

Week 5 – Push, Pull, Leg-core (PPL)

- **Monday Day 1: Push Workout**
 - Chest, Shoulder, Triceps
- **Wednesday Day 2: Pull Workout**
 - Back, Biceps and Forearms
- **Friday Day 3: Leg and Core**
 - Quad, Hamstring, Glutes, Calves, Abdominal Muscles, Oblique

You can do the same exercises in your fifth week that you've done in the first week. However, you can also replace one or more exercises if you want.

For example, you can substitute the overhead press with the Arnold press and overhead tricep extension with the skull crusher.

Week 6 Upper/Lower split

- **Monday- Upper Body Workout**
 - Chest, Shoulder, and Triceps
- **Tuesday- Lower Body Workout**
 - Quads, Hamstrings, Calves, and Glutes
- **Thursday- Upper Body Workout**
 - Back, Biceps, and Core
- **Friday- Lower Body**
 - Quads, Hamstrings, Calves, and Glutes

Do the same exercises in your sixth week as mentioned in the second week.

Week 7 – Full Body Workout

I've included the best exercises for almost every muscle group in the third week (full body workout) of this 12 week dumbbell workout plan.

So, you can repeat that in your seventh week as well or make some changes depending on which muscle you want to train more and what exercises you like.

Week 8 – Muscle Group Split

- Monday – Chest
- Tuesday – Back

- Wednesday – Legs
- Thursday – Shoulders
- Friday – Arms
- Saturday – Core
- Sunday – OFF

You need only four to five exercises to sore any muscle group you want.

I've included the best possible exercises for each muscle group in the fourth week, but still if you want to add some exercises, here's the option:

- **Chest**
 - Decline Dumbbell Bench Press
 - Dumbbell Squeeze Press
 - Incline Dumbbell Fly
- **Back**
 - Dumbbell Deadlift
 - Chest Supported Row
 - Incline Plank Rowing
- **Legs**
 - Dumbbell Reverse Lunges,
 - Dumbbell Leg Extension,
 - Dumbbell Glute Bridge
- **Shoulders**
 - Overhead Press
 - Bent-arm Lateral Raise
 - Dumbbell Upright Row
- **Arms**
 - Dumbbell Tate Press
 - Prone Bicep Curl
 - Preacher Curl on Bench
 - Zottoman Curl
 - Wrist Curl

Week 9 – Push, Pull, Legs (PPL)

- **Monday Day 1: Push Workout**
 - Chest, Shoulder, Triceps
- **Wednesday Day 2: Pull Workout**
 - Back, Biceps and Forearms
- **Friday Day 3: Leg and Core**
 - Quad, Hams, Glutes, Calves, and Core

Week 10 (Upper/Lower split)

- **Monday- Upper Body Workout**
 - Chest, Shoulder, and Triceps
- **Tuesday- Lower Body Workout**
 - Quads, Hamstrings, Calves, and Glutes
- **Thursday- Upper Body Workout**
 - Back, Biceps, and Core
- **Friday- Lower Body**
 - Quads, Hamstrings, Calves, and Glutes

Week 11 (Full Body Workout)

Repeat the third week.

Week 12 – Muscle Group Split (Bro Split)

- Monday – Chest
- Tuesday – Back
- Wednesday – Legs
- Thursday – Shoulders
- Friday – Arms
- Saturday – Core
- Sunday – OFF

The 3-Month Dumbbell Pro Workout Program

I've also created an ultimate 3-month dumbbell workout program that includes 72 days of detailed workout, 100+ dumbbell exercises (compound and isolation), the combination of high and low reps range, and some macros details.

You can follow this program at your own pace. For example, if you workout three times a week, then it will take 24 weeks to complete, and if you train 6 days a week, then you can complete it in 12 weeks.

You can check out [this program](#), I've priced it as low as four bucks, but you can pay more if you wish to support my work.

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