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12 Week Dumbbell Workout Plan for Beginners



Primary Goal	Build Functional Strength and Lean Muscle
Muscles Targeted	Full Body
Training Level	Beginner, Intermediate and Advanced
Program Duration	12 Weeks
Average Workout Duration	30 Minutes
Training Days Per Week	4 Days
Required Equipment	Dumbbells

Day 1 – Chest and Triceps

Exercise	Muscles Worked	Reps/Sets
Chest Press	Chest, Deltoids, Triceps	6-12 reps, 3 sets
Dumbbell Pullover	Lats, Chest, Triceps	6-12 reps, 3 sets
Chest Flyes	Chest	6-12 reps, 3 sets
Tricep Kickbacks	Triceps	6-12 reps, 3 sets
Tricep Overhead Extensions	Triceps	6-12 reps, 3 sets

Day 2 – Legs and Core

Exercise	Muscles Worked	Reps/Sets
Goblet Squat	Quads, Glutes, Hamstrings, Calves	6-12 reps, 3 sets
Single Dumbbell Overhead Squat	Quads, Glutes, Hamstrings, Calves, Shoulders, Lats, Core	6-12 reps, 3 sets
Bulgarian Split Squat	Quads, Glutes, Hamstrings, Calves	6-12 reps, 3 sets
Single Straight Leg Deadlift	Glutes, Hamstrings, Calves	6-12 reps, 3 sets
Russian Twists	Core	6-12 reps, 3 sets
Dumbbell V Ups	Core	6-12 reps, 3 sets

Day 3 - Back and Biceps

Exercise	Muscles Worked	Reps/Sets
Bent Over Row	Back, Biceps	6-12 reps, 3 sets
Dumbbell Renegade Row	Back, Core, Shoulders	6-12 reps, 3 sets
Dumbbell Reverse Fly	Upper Back, Shoulders	6-12 reps, 3 sets
Isometric Dumbbell Row Hold	Back, Biceps	6-12 reps, 3 sets
Bicep Curl	Biceps	6-12 reps, 3 sets
Hammer Curl	Biceps, Forearms	6-12 reps, 3 sets

Day 4 - Shoulders, Legs and Core

Exercise	Muscles Worked	Reps/Sets
Shoulder Press	Shoulders	6-12 reps, 3 sets
Lateral Raise	Shoulders	6-12 reps, 3 sets
Upright Row	Shoulders, Back	6-12 reps, 3 sets
Shrug	Shoulders	6-12 reps, 3 sets
Overhead Squat Press	Shoulders, Lats, Quads, Glutes, Hamstrings, Calves	6-12 reps, 3 sets
Dumbbell Wood Chop Lunges	Core, Quads, Glutes, Hamstrings, Calves	6-12 reps, 3 sets