

EXERCISE *with Style*

The Best 12-Week Dumbbell Workout Program

This program is a complete dumbbell fitness program, taking you through multiple phases of development. There are four phases, running from two to four weeks each.

Each phase targets a different element of fitness. They are ordered in a specific way to build on each other.

You can run through the program from start to finish, or try the different phases and spend longer developing those if it suits your goals.

Weeks 1-2: Muscular Endurance

First up, we have the muscular endurance phase. This will be a full-body program, training three days per week.

The goals of this phase are to build correct movement patterns, prep the joints, tendons, and connective tissues, and build some aerobic capacity for later phases.

Monday: Full-Body Workout 1

Warm-Up: General warm-up 5 mins, 10 standing twists, 10 leg swings forward/back and side to side, 10 arm circles forward/back.

Exercise	Sets x Reps	Rest
Goblet squat	3x20	30-60 sec
dB bench press	3x20	30-60 sec
Supported dB row	3x20	30-60 sec
Curl + press	3x20	30-60 sec
dB crunch	3x20	30-60 sec

Estimated Workout Duration: 30 minutes including warm-up.

Tuesday

Rest or cardio 30-60 mins

Wednesday: Full Body Workout 2

Warm-Up: 10 standing twists, 10 leg swings forward/back and side to side, 10 arm circles forward/back.

Exercise	Sets x Reps	Rest
dB push up	3x20	30-60 sec
dB walking lunge	3x20	30-60 sec
dB bent row	3x20	30-60 sec
dB OH tricep extension	3x20	30-60 sec
dB Russian twist	3x20	30-60 sec

Estimated Workout Duration: 30 minutes including warm-up.

Thursday

Rest or cardio 30-60 mins

Friday: Full Body Workout 3

Warm-Up: 10 standing twists, 10 leg swings forward/back and side to side, 10 arm circles forward/back.

Exercise	Sets x Reps	Rest
Renegade row	3x20	30-60 sec
Coffin press	3x20	30-60 sec
dB sumo deadlift	3x20	30-60 sec
Alternating hammer curl	3x20 each side	30-60 sec
dB boat hold	3x20	30-60 sec

Estimated Workout Duration: 30 minutes including warm-up.

Saturday

Rest or cardio 30-60 mins

Sunday

Rest day

Weeks 3-6: Muscular Hypertrophy

Next, we have the muscle-building phase of the dumbbell-only program.

The goal here is pretty simple: combine suitable resistance and metabolic fatigue to stimulate the muscle tissue to grow.

This phase is a step up from the last, with six total training sessions per week. It's a PPL (push pull legs) split, performed twice through with unique sessions.

If you are unable to train six days, you can simply add rest days where necessary, completing the next session in line with each workout.

This means you can perform these workouts three, four, or five days per week as well.

Eat and sleep well, and these sessions will help you add muscle ready for the next phase.

Monday: Push Workout 1

Warm-Up: General warm-up 5 mins, 10 standing twists, 10 arm circles forward/back.

Exercise	Sets x Reps	Rest
dB cobra push up	3-4x10-15	60-90 sec
dB shoulder press	3-4x8-10	1-2 mins
Lateral raise	3x12-15	1 min
dB triceps kickback	3x10-12 each side	1 min
OH triceps extension	3x10-12	1 min

Estimated Workout Duration: 30-45 minutes including warm-up.

Tuesday: Pull Workout 1

Warm-Up: General warm-up 5 mins, 10 standing twists, 10 arm circles forward/back, 1-2 warm-up sets first exercise.

Exercise	Sets x Reps	Rest
dB bent-over row	3-4x8-10	1-2 mins
dB shrugs	3x10-12	1 min
Seated rear delt fly	3x10-12	1 min
Incline curl	3x10-12	1 min
Concentration curl	3x12-15	1 min

Estimated Workout Duration: 30-45 minutes including warm-up.

Wednesday: Legs and Core Workout 1

Warm-Up: 10 standing twists, 10 leg swings forward/back and side to side.

Exercise	Sets x Reps	Rest
dB squat	3x12-15	1-2 mins
dB Bulgarian split squat	3x8-10 each side	1 min
dB side lunge	3x8-10 each side	1 min
dB Straight leg deadlift	3x10-12	1 min
dB mountain climbers	3x20 each side	1 min

Estimated Workout Duration: 30-45 minutes including warm-up.

Thursday: Push Workout 2

Warm-Up: General warm-up 5 mins, 10 standing twists, 10 arm circles forward/back, 1-2 warm-up sets first exercise.

Exercise	Sets x Reps	Rest
dB incline press	3-4x8-10	1-2 mins
dB chest fly	3-4x10-12	1-2 mins
dB bus drivers	3x12-15 each way	1 min
Lying triceps extension	3x10-12	1 min
Close grip dB bench press	3x12-15	1 min

Estimated Workout Duration: 30-45 minutes including warm-up.

Friday: Pull Workout 2

Warm-Up: 10 standing twists, 10 arm circles forward/back, 1-2 warm-up sets first exercise.

Exercise	Sets x Reps	Rest
Incline supported dB row	3-4x8-10	1-2 mins
One-arm row	3-4x8-10 each side	1 min
Lat pullover	3x10-12	1 min
Close grip dB curl	3x10-12	1 min
Alternating hammer curl	3x12-15 each side	1 min

Estimated Workout Duration: 30-45 minutes including warm-up.

Saturday: Legs and Core Workout 2

Warm-Up: 10 standing twists, 10 leg swings forward/back and side to side, 1-2 warm-up sets first exercise.

Exercise	Sets x Reps	Rest
Suitcase squat	3x8-10	1-2 mins
Reverse lunge	3x8-10 each side	1 min
dB sumo deadlift	3x8-10	1 min
dB standing calf raise	3x10-12	1 min
dB Russian twist	3x20 each side	1 min

Estimated Workout Duration: 30-45 minutes including warm-up.

Sunday:

Rest day

Weeks 7-10: Maximal Strength

Now we're going to take that newly added muscle tissue and put it to work.

This phase is about one thing: adding intensity. This comes from adding weight to your lifts consistently.

The workouts consist of fewer exercises, but they'll take longer due to the necessary inter-set rest periods.

You'll need to stick to these to let your energy systems recover and perform the next set. Make sure your form stays as close to perfect as possible as you add load to the exercises.

If you're hitting the numbers by cheating, you'll only risk injury - and that means no more gains.

A quick note here. Make sure the final week of this phase is a deload week, meaning you get plenty of rest, and only lift 50% of your normal numbers.

This will help your body recover and prepare for the final phase.

Monday: Full Body Workout 1

Warm-Up: General warm-up 5 mins, 10 standing twists, 10 leg swings forward/back and side to side, 10 arm circles forward/back, 2-3 warm-up sets first two exercises.

Exercise	Sets x Reps	Rest
dB squat	5x5-6	3-5 mins
dB bench press	5x5-6	3-5 mins
dB bent row	5x5-6	3-5 mins

Estimated Workout Duration: 60-90 minutes including warm-up.

Tuesday

Rest or cardio 30-60 mins

Wednesday: Full Body Workout 2

Warm-Up: 10 standing twists, 10 leg swings forward/back and side to side, 10 arm circles forward/back, 2-3 warm-up sets of all exercises.

Exercise	Sets x Reps	Rest
dB Bulgarian split squat	4x6-8 each side	3 mins
dB military press	5x5-6	3-5 mins
dB deadlift	3x5-6	3-5 mins

Estimated Workout Duration: 60-90 minutes including warm-up.

Thursday

Rest or cardio 30-60 mins

Friday: Full Body Workout 3

Warm-Up: 10 standing twists, 10 leg swings forward/back and side to side, 10 arm circles forward/back, 2-3 warm-up sets of all exercises.

Exercise	Sets x Reps	Rest
dB incline press	5x5-6	3-5 mins
One-arm row	4x6-8 each side	3-5 mins
dB squat	5x5-6	3-5 mins

Estimated Workout Duration: 60-90 minutes including warm-up.

Saturday

Rest or cardio 30-60 mins

Sunday

Rest day

Weeks 11-12: Explosive Power

Finally, we take everything we've built so far and use it to create a physique that not only looks great but performs at a high level.

These dumbbell-only exercises combine strength and speed, helping you be explosive on the field or in any other situation.

Also, they'll recruit your fast-twitch muscle fibers, which happen to be the larger and more powerful type.

This phase completes the 12-week program, at which point you can cycle back through and build on this run, or pick your favorite phase and spend more time on it.

Monday: Upper Body Workout 1

Warm-Up: General warm-up 5 mins, 10 standing twists, 10 leg swings forward/back and side to side, 10 arm circles forward/back, 2-3 warm-up sets of all exercises.

Exercise	Sets x Reps	Rest
dB push jerk	3x5	3-5 mins
Explosive single-arm bench	3x5	3-5 mins
dB hang clean	3x5	3-5 mins

Estimated Workout Duration: 45-60 minutes including warm-up.

Tuesday: Lower Body Workout 1

Warm-Up: General warm-up 5 mins, 10 standing twists, 10 leg swings forward/back and side to side, 10 arm circles forward/back, 2-3 warm-up sets of all exercises.

Exercise	Sets x Reps	Rest
Sumo high pull	3x8	2-3 mins
dB jump squat	3x8	2-3 mins
dB jumping lunges	3x8 each side	2-3 mins

Estimated Workout Duration: 45-60 minutes including warm-up.

Wednesday

Rest or cardio 30-60 mins

Thursday: Upper Body Workout 2

Warm-Up: 10 standing twists, 10 leg swings forward/back and side to side, 10 arm circles forward/back, 2-3 warm-up sets of all exercises.

Exercise	Sets x Reps	Rest
dB push jerk	3x8	2-3 mins
Explosive single-arm bench	3x8	2-3 mins
dB single arm snatch	3x8	2-3 mins

Estimated Workout Duration: 45-60 minutes including warm-up.

Friday: Lower Body Workout 2

Warm-Up: 10 standing twists, 10 leg swings forward/back and side to side, 10 arm circles forward/back, 2-3 warm-up sets of all exercises.

Exercise	Sets x Reps	Rest
Sumo high pull	3x5	3-5 mins
dB jump squat	3x5	3-5 mins
dB jumping lunges	3x5 each side	3-5 mins

Estimated Workout Duration: 45-60 minutes including warm-up.

Saturday

Rest or cardio 30-60 mins

Sunday

Rest day