12 WEEK DUMBBELL WORKOUT PLAN TO BUILD MUSCLE AT HOME

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If you're looking for a comprehensive, easy-to-follow, and effective dumbbell exercise program to build strength, endurance, and muscle mass at home, you've come to the right place.

In this article, I've shared an ultimate 12 week dumbbell workout plan (with pdf) that outlines the exercises, sets, reps, and rest periods and will help you train in an organized way.

This program includes different workout splits, such as push-pull-leg (PPL), upper/lower split, full-body, and Bro split.

The push/pull/leg split includes training of the chest, triceps, and shoulder on your push day, Back, biceps, and forearm on your pull day, and lower body on your leg day.

Upper/Lower split means training the upper body on day 1, followed by the lower body on day 2. And the muscle group (Bro) split means training one muscle group at a time.

The combination of different splits not only builds strength, endurance, and lean mass but also keeps you motivated.

Summary about Dumbbell Only 12 Week Plan

Week – 1, 5, 9	Push/Pull/leg-core
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 numerous aerobic exercises, such as jumping jacks, burpees, high knees, squat jumps, and mountain climbing, to get your heart pumped.

12 Week Dumbbell Workout Plan to Build Muscle at Home

Week 1 – Push/Pull/Leg-core

Monday: Dumbbell Push Workout

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

Wednesday: 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: Dumbbell Leg and Core Workout

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

Week 2 (Upper/Lower Split)

Monday- Upper Body Workout

Exercises	Muscles	Reps	Rest
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
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 Leg Curl	Hamstrings	10 x 3	90-sec
Glute Bridge	Glute	10 x 2	90-sec
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 Dumbbell Workout

Day 1 – 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

Day 2 – Tuesday

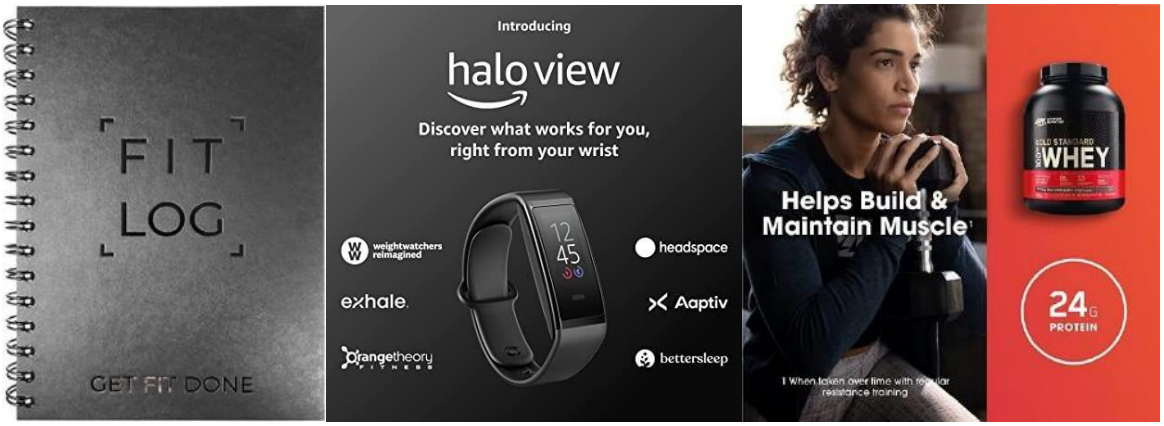
Exercise	Muscles	Reps	Rest
Dumbbell Deadlift	Full Body	8 x 3	2-min
Incline DB I-Y-T Raises	Back, Shoulder	8 x 3	2-min
DB Bent-Over Row	Back	10 x 3	90-sec
Dumbbell Pullover	Chest, Lats	10 x 3	90-sec
Biceps Curl	Biceps	10 x 3	90-sec
Hammer curl	Biceps	10 x 3	90-sec
Glute Bridge	Glute	10 x 2	60-sec

Day 3 – 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
One-arm Triceps 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

Day 4 – Saturday

Exercises	Muscles	Reps	Sets
Dumbbell Squat	Legs	12 x 3	2-min
Seated DB IYT Raise	Shoulder	8 x 3	2-min
DB Bent-Over Row	Back	10 x 3	90-sec
Dumbbell RDL	Hams	10 x 3	90-sec
DB Calves Raises	Calves	10 x 3	60-sec
Dumbbell Crunches	Abs	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, and Leg (PPL)

Training Days and Targeted Muscles:

- **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

Instructions:

- Reps: 10-12
- Sets: 3-4
- Rest: 45 to 90 seconds

Workout Schedule:

Push	Pull	Legs
Incline Bench Press	Deadlift	Front Squat
Bridge Press	One-arm Row	Lunges
Arnold Press	Pullover	Lying Leg Curl
Lateral Raises	Facepull	Hip Thrust
Incline French Press	Incline Curl	Calf Raises
Kickback	Hammer Curl	Kneeling L2H Chop

Week 6 – Upper/Lower Split

Workout Schedule:

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

Instructions:

- Reps: 10-12
- Sets: 3-4
- Rest: 45 to 90 seconds

Monday (UB)	**Tuesday (LB)**	**Thursday (UB)**	**Friday (LB)**
Flat Bench Press	Sumo Squat	Arnold Press	Cossack Squat
Deficit Pushup	Front Lunges	Incline Bench Press	Step-up
Lateral Raises	Romanian Deadlift	Bent-over Row	Pop Squat
One-arm DB Row	Hip Thrust	Rear Delt Raise	Curtsy Lunge
Dumbbell Curl	Calf Raises	Shoulder Shrug	Lying Leg Curl

Week 7 – Full Body Workout

Workout Schedule:

- Monday – Workout
- Tuesday – Workout
- Wednesday – OFF
- Thursday – Workout
- Friday – OFF
- Saturday- Workout

Instructions:

- Reps: 8-12
- Sets: 2-3
- Rest between sets: 1-2 minutes

Monday	Tuesday	Thursday	Saturday
Squat to Press	Incline IYT Raises	DB Cluster	Power Maker
One-arm DB Row	Romanian Deadlift	Incline Bench Press	Front Lunges
Lateral Raises	Rear Delt Fly	Lying Leg Curl	Shoulder Shrug
Overhead Tricep Extension	Incline Curl	Kickback	Hammer Curl

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. Still, if you want to add or replace some exercises, here are the alternatives:

- **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) Split

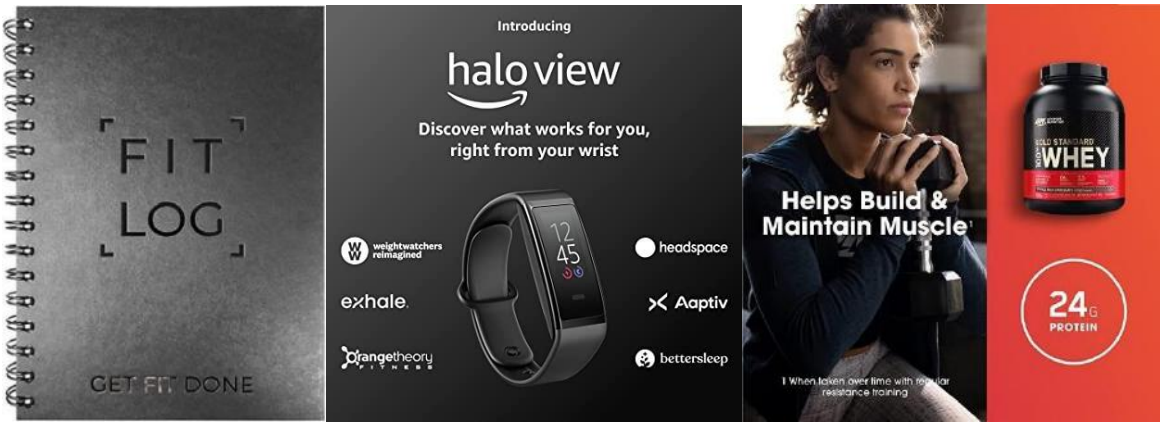
Training Schedule:

- **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

Workout Instructions:

- Reps: 10-12
- Sets: 2-3
- Rest b/w sets: 1-2 minutes

Monday	Wednesday	Friday
Incline Bench Press	Deadlift	Sumo Squat
Bridge Press	Bent-over DB	Front Lunges
Arnold Press	One-arm Row	Lying Leg Curl
Lateral Raises	Facepull	Romanian Deadlift
Overhead Triceps Extension	Prone Bicep Curl	Glute Bridge
Triceps Kickback	Hammer Curl	Kneeling L2H Chop



Week 10 – Upper/Lower Body Split

Workout Schedule:

- **Monday- Upper Body Workout (UB)**
  - Chest, Shoulder, and Triceps
- **Tuesday- Lower Body Workout (LB)**
  - Quad, Ham, Calves, and Glute
- **Thursday- Upper Body Workout (UB)**
  - Back, Biceps, and Core
- **Friday- Lower Body (LB)**
  - Quad, Hams, Calves, and Glute

Instructions:

- Reps: 10-12

- Sets: 2-3
- Rest b/w sets: 1-2 minutes

Monday (UB)	Tuesday (LB)	Thursday (UB)	Friday (LB)
Flat Bench Press	Front Squat	Arnold Press	Cossack Squat
Deficit Pushup	Front Lunges	Incline Bench Press	Step-up
Lateral Raises	Romanian Deadlift	Bent-over Row	Pop Squat
One-arm DB Row	Glute Bridge	Rear Delt Fly	Curtsy Lunge
Incline Biceps Curl	Calf Raises	Shoulder Shrug	Lying Leg Curl

Week 11 – Total Body Workout

Workout Schedule:

- Monday – Workout
- Tuesday – Workout
- Wednesday – OFF
- Thursday – Workout
- Friday – OFF
- Saturday- Workout

Instructions:

- Reps: 8-12
- Sets: 2-3
- Rest between sets: 1-2 minutes

Monday	Tuesday	Thursday	Saturday
Squat to Press	Incline IYT Raises	Dumbbell Surrender	Power Maker
One-arm DB Row	Romanian Deadlift	Incline Bench Press	Front Lunges
Lateral Raises	Rear Delt Fly	Lying Leg Curl	Triceps Kickback
Shoulder Shrug	Bulgarian Split Squat	Dumbbell Pullover	Hammer Curl

Week 12 – Bro Split Dumbbell Workout

Monday – Chest

- Flat Bench Press: 4 sets of 12 reps
- Bridge Press: 3 sets of 10 reps
- Chest Fly: 3 sets of 10 reps
- Pullover: 3 sets of 10 reps

Tuesday – Back

- Overhand Grip Bent-over Row: 3 sets of 12 reps each
- One-arm Dumbbell Row: 3 sets x 10 reps on each side
- Incline IYT Raises: 3 sets of 8 reps
- Face Pull: 3 sets of 10 reps

Wednesday – Legs

- Pop Squat: 3 sets of 10 to 12 reps
- Cossack Squat: 3 sets of 10 reps on each side
- Front Lunges: 3 sets of 10 reps on each side
- Lying Leg Curl: 12 reps x 3
- Romanian Deadlift: 8 reps x 3
- Standing Leaning Forward Calf Raises: 10 reps on each side x 3

Thursday – Shoulders

- Arnold Press: 4 sets of 10 reps
- Lateral Raises: 4 sets of 10 reps
- Rear Delt Fly: 4 sets of 10 reps
- Shoulder Shrug: 3 sets of 12 reps

Friday – Arms

- Skull Crusher: 10 reps x 3
- Lying Prone Incline Kickback: 10 reps x 3
- One-arm Overhead Tricep Extension: 10 reps on each side x 3
- Alternate Biceps Curl: 10 reps x 3
- Incline Prone Biceps Curl: 10 reps x 3
- Alternate Hammer Curl: 10 reps x 3

Saturday – Core

- 10 Half Kneeling Low to High Chops on each side
- 10 Straight-arm Sit-ups
- 15-sec Russian Twist
- 15-sec Hollow Body Hold

- 10 Reverse Crunches
- Repeat for 20 minutes.

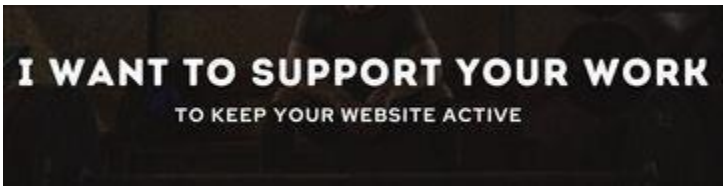
Sunday – OFF

Take an entire day off to let your muscles recover.

Additional Tips and Information for Maximizing Results

1. **Progressive Overload:** Increase the loads, the number of reps and sets, and daily workout duration gradually to level up your fitness and build an athletic physique.
2. **Pre-Workout Meal:** For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.
3. **Post-Workout Meal**: Having some good foods and supplements after the training helps rebuild muscle and increase mass. I suggest consuming 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example, a nutritionist can help you better in this case).
4. **Modification**: You can make any adjustment to this program depending on your fitness level.
5. **Add a variety of exercises**: You can include more exercises from the list of dumbbell and barbell exercises in the coming weeks.
6. **Best time to work out:** It is best to work out when you feel physically and mentally active to give your hundred percent.

7. **Maintain a little discipline:** Repeating the same thing for a considerable period can be boring, but you must maintain the discipline to accomplish the best result.



Helpful Resources

1. Dumbbell Pull Workout: 20 Best Exercises
2. Dumbbell Push Workout: 12 Best Exercises
3. 15 Best Dumbbell Leg Exercises to Bolster Lower Body
4. Dumbbell Weight Loss Exercises

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