

JUSTFIT!

12 Week Dumbbell Workout

Warm ups: 5-10 minutes before workout

Rest: 1-3 minutes between sets

Day 1: Legs and Core

Sets: 3-4

Reps: 8-12

Russian Twists

Bulgarian Split Squats

Crunches

Straight Leg Deadlift

Goblet Squats

Air Squats

Day 2: Back and Shoulder

Sets: 3-4

Reps: 8-15

Upright Row

Shoulder Press

Dumbbell Renegade Row

Side Lateral Raises

Shrugs

Bent Over Row

Day 3: Chest

Sets: 3-4

Reps: 8-16

Decline DB Bench Press

Chest Fly

Dumbbell Pullover

Chest Press

Underhand DB Bench

press

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12 Week Dumbbell Workout

Warm ups: 5-10 minutes before workout

Rest: 1-3 minutes between sets

Day 5: Glutes and Calves

Sets: 3-4

Reps: 8-15

Overhead Squat Press

Goblet Squat

Reverse Lunges

Toe Raises

Seated Reverse Flyes

Single Leg Calf Raises

Day 6: Core and Shoulders

Sets: 3-4

Reps: 10-15

Step Ups

Side Bends

Crunches

Lateral Raise

Shrug

Shoulder Press

- Follow this 5-day schedule over a period of 12 weeks
- This routine is planned to include two days of recovery