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ISSA-CPT®, Founder & Senior Editor at Fitness DrumRobert Turp You dont need lots of fancy equipment or an expensive personal trainer to build muscle at home all you actually need is a pair of dumbbells and a proven workout program to follow along to. Weve created this free 12 week dumbbell workout plan, and the accompanying printable PDF version, to empower you with the structure and guidance you need to target each muscle group in your body effectively. This will allow you to build functional strength, tone muscles and burn calories. Whether youre looking to improve athletic performance or simply make everyday activities easier, this dumbbell workout plan has been expertly designed to do exactly what you need. The only thing youll need is a willing can-do attitude and a willingness to put in the work. And since its so convenient for this workout, it is so ideal if you place it in your home for the long run, as it can make your workouts more enjoyable. Similarly, equipment like the Terra Gym is a great addition to your gym collection, providing additional resistance like dumbbells into your fitness routine). By the end of the 12 weeks, not only should you feel and look stronger, but youll also benefit from improved physical attributes, such as better balance, coordination, and flexibility. Using a Mixbook personalized calendar is a creative way to document your progress, celebrate milestones, and stay motivated throughout your fitness journey. Achieve your fitness goals quicker with help from Alpha Progression, our top pick for fitness apps for 2025. ADVERTISEMENT All you need for this dumbbell workout plan is a pair of dumbbells. You may also prefer to have dumbbells of varying weights or adjustable dumbbells, as youll likely find you can lift different levels of resistance depending on the exercise. For example, the maximum weight you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a negative bicep curl. This ability to adapt the weight based on each exercise will help develop muscle and strength more effectively (which relates to what is known in fitness programming as progressive overload), as you can keep forcing the muscles to adapt to the increased resistance. Progressive overload training (progressively increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the load during your workouts over the 12 weeks) youre going to see results. If you do not have a bench, all these exercises can be adapted so that you can perform them on the floor too. Nevertheless, a bench will give you more opportunities to include varied exercises, particularly if you can set an incline or a decline. This will open up more exercises to include in future workouts. Our recent guide on how to choose a bench provides more information on how to select the best one for your needs.

Equipment: Dumbbells (one pair) • Resistance bands (optional) • Yoga mat (optional)

Multipurpose and can be used as a base to perform dumbbell exercises too. To download and print the PDF version of this 12 week dumbbell workout plan, simply click the link below. **Prima** GoalBuild Functional Strength and Lean Muscles**Muscles TargetedFull BodyTraining LevelBeginner, Intermediate and AdvancedProgram Duration12 WeeksAverage Workout Duration30 MinutesTraining Days Per Week4 DaysRequired EquipmentDumbbellsPrintable VersionView here** This 12 week workout plan uses a 4 day split. This means you are following a dumbbell workout 4 times during each week, and repeating this for 12 weeks. By doing the same weekly routine, it will be very clear how you are progressing, as you can compare your efforts from week 1 to week 12, and hopefully see vast improvements in total volume or resistance lifted. The aim is that each week you are able to increase the weight of the dumbbells or the number of reps per set, illustrating progression in your fitness. Although it would be tempting to do a completely different workout every day for the 12 weeks (to keep things new and exciting), this workout plan is focused on getting results, and therefore focuses on the movements and exercises that will provide you with the most value which is why these fundamental exercises are repeated each week for the total duration of the plan. Golden Rule of Resistance TrainingThe golden rule of resistance training, and this workout plan, is to keep challenging your muscles. Each week, try to increase either the weight of the dumbbells ever so slightly, or increase the number of repetitions per workout. This will ensure your muscles are challenged and continue to grow. This is the quickest way to see results from resistance training. This also means youre getting lots of practice with lots of fundamental movements, so by the end of the 12 weeks, you might be in a better position to attempt more advanced exercises. The workouts are designed to take somewhere between 30-45 minutes to complete so this should mean you are able to fit it into your daily routine without any hassle.

Warm-up: Perform a dynamic warm-up consisting of 5-10 minutes of light cardio (e.g., jogging in place, jumping jacks) followed by mobility exercises targeting major muscle groups. This helps increase blood flow and prepares the joints for the main workout.

Main Workout:

- Day 1 (Monday):** Focuses on lower body and core strength. Exercises include Squats, Lunges, Deadlifts, and Core Planks.
- Day 2 (Tuesday):** Focuses on upper body and core strength. Exercises include Bench Press, Shoulder Press, Rows, and Core Twists.
- Day 3 (Wednesday):** Focuses on lower body and core strength. Exercises include Lunges, Squats, Deadlifts, and Core Planks.
- Day 4 (Thursday):** Focuses on upper body and core strength. Exercises include Bench Press, Shoulder Press, Rows, and Core Twists.

Cool-down: End each session with a cool-down consisting of 5-10 minutes of low-intensity cardio (e.g., walking) and stretching exercises to aid recovery and prevent injury.

Notes:

- Adjust weights and repetitions based on your current fitness level.
- Proper form is crucial for all exercises. Consult a professional if unsure.
- Stay hydrated throughout the workout.
- Rest days are essential for muscle recovery.

Conclusion: This 12-week dumbbell workout plan provides a structured approach to building strength and muscle mass at home. By following the guidelines and consistently challenging yourself, you can achieve significant results in a relatively short period.

Additional Resources:

- [Download the PDF version of the 12-week dumbbell workout plan.](#)
- [Explore our other fitness guides and programs.](#)
- [Join our community for support and motivation.](#)

Disclaimer: While we strive to provide accurate information, we are not responsible for injuries or health issues resulting from the use of this program. Consult your doctor before starting any new exercise regimen.

Contact Us: For more information or inquiries, please contact us via email at support@fitnessdrum.com.

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hips lower toward the floor.Press into the heel of the grounded foot to drive the hips and the dumbbell back into full extension. Repeat all reps on one side, then switch legs.#8: Dumbbell Overhead PressFor strong shoulders, perform dumbbell overhead presses on a weekly basis. Experiment with single arm, neutral grip, and seesaw variations to keep things interesting.Source: FatCandara via Canva.com17Men should start with two 15 pound dumbbells and women should start with two 8 pound dumbbells.Standing with an athletic stance and engaged core, hold dumbbells at shoulders with elbows pointing down, tucked in close to the rib cage. Press straight up until elbows are fully extended.Knuckles should point toward the ceiling throughout the exercise. Return to starting position, covering as large of a range of motion as possible.#9: Dumbbell Lateral RaisesLateral raises develop the lateral deltoids (no surprise there), which give the shoulders an aesthetic capped appearance. This is another exercise in which variations are key.Source: Sergey Nazarov via Canva.com18Experiment with thumbs pointing down, up, or forward. Aim for 3 sets of 10-12 reps.Men should start with two 10 pound dumbbells and women should start with two 5 pound dumbbells.Standing with an athletic stance and an engaged core, hold dumbbells at sides and lift them out to shoulder height. Maintain a slight bend in the elbows and resist the urge to shrug the shoulders.Return to the starting position. Keep the chest upright and the neck neutral throughout the movement.#10: Dumbbell Deficit Push-UpsWhile push-ups are an effective chest and shoulder exercise, this deficit variation will target these muscle groups in a whole new way. This variation is only appropriate for people with healthy shoulders who can already perform a basic push-up with ease.Source: South agency via Canva.com19Aim for 2-4 sets of 10-30 reps. Use hex dumbbells to avoid rolling.The larger the dumbbell, the bigger the possible deficit. From a plank position with hex dumbbells in the hands, lower into a push-up.The chest should come below the level of the hands and in the bottom position, the upper arms should form a 45 degree angle from the sides of the body.Press back into a plank, keeping the body straight and strong. Wrists stay neutral throughout the movement.Printable Dumbbell Exercise Chart With Schedule (Dumbbell Only Workout Chart)This 12 week program is divided into three phases. While dumbbell workouts for women and men can be essentially the same, this program includes different options for accessory lifts based on aesthetic goals.Choose the upper body-focused printable dumbbell exercises to prioritize strength development in the arms, chest, and back, or choose the exercises in parentheses to prioritize strength development in the legs and core. You can learn more about workout splits by reading about whether training legs three times a week is excessive.Weeks 1-4 (Hypertrophy Phase)For weeks 1 and 2, use 50% 1RM for weights. For weeks 3 and 4, progress to 60% 1RM (1 Rep Max).Workout 1 (Days 1 and 3)Chest press: 3 x 12Single-arm row: 3 x 10 each armGoblet squat: 3 x 15Romanian deadlift: 3 x 12Alternating plank shoulder taps: 3 x 50Bicycle crunches: 3 x 50Front raises: 3 x 12 (banded abduction 3 x 12 each leg)Workout 2 (Days 2 and 4)Push-ups or dumbbell deficit push-ups: 3 x AMRAPDumbbell bent-over row: 3 x 12Alternating walking lunges: 3 x 20Single-leg dumbbell hip thrust: 3 x 10 each legSide plank hip dips: 3 x 20 each sideLeg raises: 3 x 15Seated rear delt flies: 3 x 10 (side-lying hip raises 3 x 15 each side)Optional Day 5 WorkoutSingle arm chest press: 3 x 8 each sidePull-ups: 3 x AMRAPStep-ups: 3 x 12 each legStanding banded glute kickbacks: 3 x 20 each legStability ball plank: 3 x 45 secondsV-ups: 3 x 12Banded pec flies: 3 x 20 (standing banded glute abduction 3 x 15 each leg)Weeks 5-8 (Strength Phase)For week 5, use 70% 1RM for weights. Week 6 is a deload week. For weeks 7 and 8, progress to 80% 1RM.Workout 1 (Days 1 and 3)Chest press: 3 x 6Single-arm row: 3 x 8 each armGoblet squat: 3 x 8 (3-second pause at bottom of exercise)Romanian deadlift: 3 x 8Alternating plank shoulder taps: 3 x 50Bicycle crunches: 3 x 50Front raises: 3 x 10 (banded abduction 3 x 12 each leg)Workout 2 (Days 2 and 4)Weighted push-ups or dumbbell deficit push-ups: 3 x AMRAPDumbbell bent-over row: 3 x 8Alternating walking lunges: 3 x 16Single-leg dumbbell hip thrust: 3 x 10 each legSide plank hip dips: 3 x 20 each sideLeg raises: 3 x 15Seated rear delt flies: 3 x 10 (side-lying hip raises 3 x 15 each side)Optional Day 5 WorkoutSingle arm chest press: 3 x 8 each sidePull-ups: 3 x AMRAPStep-ups: 3 x 12 each legStanding banded glute kickbacks: 3 x 20 each legStability ball plank: 3 x 45 secondsV-ups: 3 x 15Dumbbell pec flies: 3 x 12 (standing banded glute abduction 3 x 15 each leg)Weeks 9-12 (Superset Phase)For weeks 9 and 10, aim for 60% 1RM. For weeks 11 and 12, aim for 70% 1RM.Workout 1 (Days 1 and 3)Superset 1:Chest press: 3 x 10Band pulls: 3 x 15Superset 2:Goblet squats: 3 x 12Step-ups: 3 x 10 each legSuperset 3:Single-arm row: 3 x 10 each armOverhead shoulder press: 3 x 10Superset 4:Plank: 3 x 60 sec.Hanging leg raises or knee tucks: 3 x 15Dumbbell tricep kickbacks: 3 x 12 each arm (bodyweight single-leg hip thrusts 3 x 12 each leg)Workout 2 (Days 2 and 4)Superset 1:Push-ups or dumbbell deficit push-ups: 3 x AMRAPDumbbell bent-over row: 3 x 10Superset 2:Alternating walking lunges: 3 x 20Romanian deadlifts: 3 x 10Superset 3:Lateral raises: 3 x 10Dead hang: 3 x 60 secondsSuperset 4:Side plank hip dips: 3 x 20 each sideBicycle crunches: 3 x 50Seated rear delt flies: 3 x 12 (side-lying hip raises 3 x 12 each side)Optional Day 5 WorkoutSuperset 1:Single arm chest press: 3 x 10 each sideBanded lat pull-downs: 3 x 20Superset 2:Dumbbell wall sit: 3 x 60 secondsBanded pulse squats: 3 x 30Superset 3:Standing banded glute kickbacks: 3 x 20 each legSuperset 4:Stability ball plank: 3 x 45 secondsV-ups: 3 x 15Banded pec flies: 3 x 20 (standing banded glute abduction 3 x 15 each leg)Remember that week 6 and week 13 are deload weeks! Follow the instructions above to reap the benefits of appropriate rest and recovery.12 Week Dumbbell Workout Plan (PDF) Download HereEnter in your information below and well email you a printable PDF version of the workouts written above. If you have an iPhone, you can save this to iBooks for an easy reference in the gym. Full Body Dumbbell Exercise Plan at Home (PDF) Download HereFill out the information below for an at-home lower and upper body dumbbell workout PDF: you'll be emailed a download link but you can also refer to the full body DB routine below. All exercises can be performed at home with simple, affordable equipment. Equipment Needed: Dumbbells or adjustable dumbbells Exercise mat Mini band Firm ottoman or padded chair Resistance band FREE 12 week dumbbell workout plan (with printable PDF): Get stronger, build muscle, and lose fat at home or in the gym. Pin this and tell a friend to tell a friend. Are you new to working out and feeling lost about where to begin with strength training? Would you consider yourself more on the intermediate to advanced side and want a new, challenging workout program to try?Look no further than this free 12 week dumbbell workout plan.You can do the entire program from the comfort of your own home.(Workout in PJs if you want to).And I kid you not.Literally, all you need are some dumbbells and a little bit of floorspace.See what I did there?My website Floorspace Fitness?All bad jokes aside, this program is designed to help you build muscle and strength as well as lose body fat so that, ultimately, you can achieve your ideal toned physique that turns heads whenever you walk by.When people ask how you got like that, you can point them in the direction of this dumbbell workout plan. Following this plan means you won't have to question What should my workout look like tomorrow? or for many, many, many days after that.I got ya covered for the next THREE MONTHS.As a bonus, I've also included 3 super quick and gritty core workouts for you to have some fun with (and by fun I mean your core will be on fire like a candle). Download this 3-month workout plan designed to help you lose fat, build muscle, and get stronger right at home or in the gym. Just a pair of dumbbells, thats it.In my humble opinion, dumbbells are the most versatile piece of workout equipment there is.You can do all the same exercises with dumbbells you can with a barbell and dumbbells recruit more muscles.The weight gets unequally distributed with dumbbells so your smaller, unsung stabilizer muscles get called upon to help you maintain balance.I will say that to get the most out of this dumbbell workout program, you'll need dumbbells of varying weights (whether that means investing in a pair of adjustable dumbbells or buying pairs of dumbbells that are different in weight).You won't be able to truly challenge yourself by lifting the same amount of weight for each exercise and challenging yourself is the only way to see results with this workout plan.For example, you'll lift heavier weight on an exercise like squats (which works your entire lower body) than you would bicep curls (only targets your biceps).Or lets take bench press vs. an exercise like leg extensions.Bench press recruits many muscles in your upper body, like in your chest, triceps, and shoulders.Whereas leg extensions are an isolation movement (exercises only working one muscle group at a time) that targets just your quads. These next two words will make or break your workout progress.Its the one workout principle, above anything else, that will make or break your strength training success.Progressive overload is the act of gradually increasing the amount of weight you lift over time.Its the change or stimulus your body needs to keep adapting and making progress.You won't be able to effectively apply this principle to your muscles if you just use the same weight for all exercises.*** Your workout plan is split up into 6-week blocks, which include a variety of different exercises to keep you engaged with your training. Above is a nice little summary but lets talk about things in a little more detail.Program objectives Obviously, youre going into this workout program with goals of losing fat, building muscle, getting stronger.But something you should know is that you can achieve so much more than just physical results by following this program for the next 12 weeks.You'll notice I put gain confidence and discipline in the table above.When you commit to seeing a workout program through, guess what that does?It trains your body and mind to become more resilient.You will have grinded and gritted your teeth to push through tough workouts.You will have gotten up and worked out even when your motivation tank was running on E.That builds confidence and you start to believe in yourself more and more because of it.You develop this discipline where, no matter the situation, you know you have what it takes to persevere and make things happen.You know you can face even the hardest of challenges head-on and come out on the other side having chewed that challenge up and spit it back out like a piece of gum.In a nutshell, your commitment to improving your physical fitness carries over into all the other areas of your life and has a positive impact. This program is for beginners, yeah.But thats not all who its for.If youve been lifting weights for a little bit, truuuuust meThe workouts on this 12 week dumbbell workout plan are NO JOKE, I can promise you that. What equipment will I need? You know this by now but all you need are some dumbbells.Again, to get something out of this program its best to have either:A.) A pair of adjustable dumbbells orB.) Dumbbells of varying weights from light to heavy (whatever that looks like for you). How many days will I workout each week? You have two options for your 12 week dumbbell workout plan.You can either workout 3 or 4 days a week.The 3 day workout plan is split up like this: Lower body, upper body, full bodyThe 4 day workout plan looks like this: Upper/lower split.You don't have to choose the same exact days to workout from the examples below.Its just to give you some ideas.3 days per week dumbbell workout plan:Mondaylower bodyWednesdayupper bodyFridayfull body4 days per week dumbbell workout plan:Mondaylower bodyTuesdayupper bodyThursdaylower bodyFridayupper bodyOn the other days youre not working out, you areRESTING.The only exercise you should get on your rest days is your daily 7,500-10,000 steps.Progress happens during recovery so if you dont give your body a chance to rest, what are you not going to do?Make progress. Heres something I want to point out about choosing your workout schedule: Pick an option (either 3 or 4 days a week) and stick with it for the duration of the program.If you start with the 3 day option, stick to that for the entire 12 weeks.If you go with the 4 days per week option, same thing.The program is designed to help you make the most progress possible.If youre just hopping around like a kangaroo, mixing and matching workouts, choosing to workout 3 days one week and then 4 days the next, you wont get what you could out of your workout plan.Changing up your workouts may sound nice but it doesnt confuse your muscles and lead to more progress.It does the opposite. Download this guide for a step-by-step walkthrough on how to achieve your very first push-up (Plus, rep out multiple ones in a row). Each workout should take you roughly 45 minutes.Keep this in mind: Were going for workout intensity > workout length here.As long as youre training near failure (1-2 or 3 reps shy of not being able to perform any more reps) and progressively lifting heavier weight over time (remember our friend progressive overload?), this 12 week dumbbell workout plan will absolutely FRY your entire body (in a good way). What if I dont know how to perform a specific exercise?Included in your 12 week dumbbell workout plan is an exercise library of GIFs showing you how to correctly perform every single movement.Heres an example: Within your plan, you'll also have alternative variations to do if a particular exercise is a little too challenging for you right now or you dont feel comfortable performing the original movement. Heres an example workout of what to expect on your dumbbell workout plan: Download this 3-month workout plan designed to help you lose fat, build muscle, and get stronger right at home or in the gym. The eccentric part of your lift = lowering the weight down (which makes the concentric phase pressing the weight back up).For example:Squat eccentric phase: Lowering yourself to the ground.Bicep curls eccentric phase: Lowering the weight away from your body toward the ground.Bench press eccentric phase: Lowering the weight down to your chest.Instead of flying through your reps at the speed of light, relaxaaax.Slow things down a little and try to take 2-3 seconds (or maybe even longer) to lower the weight down.This will place greater tension on your muscles.Increasing muscle tension is another way to apply progressive overload and get more out of your workouts. Your strength training workouts are not meant to be cardio.Unlike a peanut butter and jelly sandwich, those two things are better off separately.I get it.You may feel like youre working hard jumping from set to set and exercise to exercise without resting much.Youre sweating buckets and your lungs are begging for mercy as you struggle to catch your breath.You are WORKIN Or are you? If youre a professional athlete who needs cardio or someone who just wants to build up their endurance, sweet sauce, go for it.But if your goal is to lose fat, build muscle and just overall transform your physique, then you arent truly working by doing that.Youre working when you lift as heavy as you possibly can and that only happens when you take enough rest between sets.Sweating or being out of breath means nothing in the fat loss or muscle-building department. When I say effort, Im talking about two things.1.) Showing up (especially on those days you dont even feel like it) and giving it your best.You wont always feel motivated but results come down to taking action regardless of how you feel.2.) Training intensity.The end of your sets shouldnt feel like this: Those last 1-2 reps in your sets, you should really feel it.It should take a significant amount of grit, effort, and clenching of teeth to get the weight up.If you just coast through your workouts, youll get coast-worthy results (so, not much). Dont fall into the trap of saying screw it when things cant go 100% according to plan.Being perfect doesnt drive results.Being consistent does.Its not what you do all the time but what you do MOST OF THE TIME that counts. Lifes not perfect and it wont always be wrapped up in this nice little bow for you all the time.Break free from that all-or-nothing way of thinking where you just dont do something if it cant be done 100% perfectly.Lets say youre just super swamped one day.You barely have time to eat lunch, let alone workout.Rather than saying screw it just do what you have time for.If 20 minutes is all you have to give then 20 minutes it is.If its only 15 minutes then look at it as an opportunity to have the best 15 minute workout of your life.Something is ALWAYS better than nothing.Literally.The last time I checked, any number is greater than 0. Dont skip around, dont pick and choose which exercises you like.To get the best results, you need to follow the program the way its written.Pick one workout schedule (either 3 days or 4 days a week) and stick to it.Skipping around and only doing the exercises you like or following the 3 day plan one week and then the 4 day plan the next wont get you the results youre looking for. Random workouts lead to random results. Remember, if theres a particular exercise youre struggling with, Ive included alternatives for you to do. Youll have a better chance of it raining orange juice from the sky than you will see results with a poor diet (Dont think you can out-exercise your fork).Thats why I created this macro-counting checklist guide to help you nail down your nutrition.If you want to learn how to make healthier, more nutritious food choices but still enjoy your favorites (all while seeing progress), this guide is calling your name. Everything you need to know about macro counting wrapped up in a quick, easy-to-follow guide. This 12 week dumbbell workout plan has both 3 and 4 day a week options.You dont have to workout on the same days as the example below but heres how your workout schedule could look for each option:3 days per week dumbbell workout plan:Mondaylower bodyWednesdayupper bodyFridayfull body4 days per week dumbbell workout plan:Mondaylower bodyTuesdayupper bodyThursdaylower bodyFridayupper bodyCan you lose weight with just dumbbell workouts? I dont want you to look at this dumbbell workout plan as the be-all-end-all for weight loss.In fact, I dont want you to think about working out that way period.You lift weights to get stronger and build muscle.Yeah, that'll help you achieve the physique youre after but its so much more than that.Building muscle will help you remain functional and maintain your independence as you age.Strength training improves bone density, which is a main reason why women especially should be lifting weights.Its also great for your mindset and mental health.Place less emphasis on weight loss and how many calories you burn during your workouts and focus more on all the positive additions lifting weights and exercise provide you. They may be, they may not be.Everyones different so whats a challenging weight for you will be different than what a challenging weight for someone else is.It also depends on the exercise.Youll be able to lift heavier weight on an exercise like squats than you would tricep extensions.You can bench press more weight than you would an exercise like side lateral raises.The most important thing is to not lift with your ego.Choose a weight you can maintain proper form while performing all reps.Correct form = Control the weight on the eccentric portion of the movement and really squeezing the muscle as you press the weight up (concentric phase).No swinging or using momentum.Youre in charge here, not the weights.If you have to go a little lighter, do that. Why do I need a workout plan? Not having a plan would be like throwing a dart at the dartboard blindfolded and hoping you hit a bulls-eye.Would you be confident in achieving the result you want?When you have a plan, you create structure and forge a strategic path toward your goals.You know what youre going to do, when youre going to do it, how your workouts will look, etc.And having that structure is the most effective way to make progress. Im Chad, Im happy youre here! Im a certified personal trainer and my goal is to help you form practical, sustainable habits that lead to lifelong fitness results. If you want to lose fat, build muscle, and live a healthier, happier life then youre right where you need to be. READ MORE Enjoy sharper detail, more accurate color, lifelike lighting, believable backgrounds, and more with our new model update. 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