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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
crafted so it gets results, whatever your existing fitness level is. The workouts are beginner friendly, but by selecting heavier dumbbells, they can be scaled up for elite athletes too. (N.B. if youre a complete beginner, recovering from an injury, or have limited mobility, you may want to consider bodyweight exercises first, before adding any sort of
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 goals quicker with help from Alpha Progression, our top pick for fitness apps this year. ADVERTISEMENT All you need for this 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 dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than what you can lift for a dumbbell sumo deadlift will likely be much higher than you can lift for a dumbbell sumo deadlift will likel
is known in fitness programming as progressive overload), as you can keep forcing the muscles to adapt to the increased resistance. Progressive overload training (progressive overload training 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 exercises to include in future workouts. Our recent guide
on the decline dumbbell pullover illustrates how changing the decline of a bench can influences how the muscles are engaged. This isnt a requirement for this workout plan, but its something to consider if you plan on exercising at home for the long-run, as it can make your workouts more efficient. Similarly, equipment like the Terra Core is
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. Primary GoalBuild Functional Strength and Lean MuscleMuscles TargetedFull BodyTraining LevelBeginner, Intermediate and AdvancedProgram Duration12
WeeksAverage Workout Duration 30 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 see vast improvement in total volume or resistance lifted.
 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 your 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
A 4 day workout plan means you have 3 days free. We would recommend at least 2 of these days are for rest, or involve some cardio exercise, such as running, cycling, rowing, or walking. On rest days, we would tend to include plenty of gentle
stretching to help avoid muscle soreness and stiffness. You can also space out the workouts, as opposed to having 3 days of rest at the end of the
week and doing 4 days consecutively of resistance training. A final thing to note is that factors like sleep and diet are also going to impact the results you get from this workout plan. Try and consume healthy lean protein, as well as cutting back on unhealthy foods, and get enough sleep each night. Especially if youre looking to build lean muscle and
lose weight, your diet will play a vital role in achieving this. Warm UpIts really important to warm up for the body part youre focusing on
during that workout. Similarly, you may want to do some light repetitions before your first set for each exercise to prepare your body. ExerciseMuscles WorkedReps/SetsChest FlyesChest Fly
setsTricep Overhead ExtensionsTriceps6-12 reps, 3 sets ExerciseMuscles WorkedReps/SetsGoblet SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, G
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Dumbbell Row HoldBack, Biceps6-12 reps, 3 setsBicep CurlBiceps6-12 reps, 3 setsBicep CurlBiceps6-12 reps, 3 setsShrugShoulders6-12 reps, 3 setsShrugShoulde
PressShoulders, Lats, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 sets This workout is focused on body part splits, so that you can focus on specific parts of your body on certain days and give these muscle groups enough time to rest and recover before you train
them again. This means you can really leverage proven methodology such as progressive overload to build muscle and get more from each day of training. This also makes it easier to track your progress for specific exercises and movements. This approach to dumbbell workouts also ensures that you dont skip leg day, for example, or other muscle
groups, and end up with muscular imbalances because your workouts tend to all lean towards certain movements. Resistance training of any kind is a fundamental pillar for overall health and thats why this sort of dumbbell workout plan shouldnt be seen as only for those looking to build muscle mass or get shredded, but rather something everyone
can leverage to look and feel healthier than ever before. This workout plan includes exercises and programming that helps not only build strength and muscle, but also muscular endurance and overall body conditioning, meaning it provides so many benefits for all sorts of fitness goals. Our recent guide on what women can expect after a month of
 weight lifting, illustrates that women are more likely to develop very lean and toned physiques from weight lifting than they are developing a bulky physique. The weight of the dumbbells is going to be the defining factor in how challenging each exercise is. If you are a beginner, we would recommend simply going through the motions without any
weight so that your body gets used to each movement. Once you are comfortable, you can include very light dumbbells and slowly increase the weight. If youre in the gym youll likely benefit from a wide selection of dumbbells, which is ideal as it means you can really select the perfect weight for each exercise. If youre exercising at home, however,
you may want to consider buying adjustable dumbbells as this makes it very easy to change weight between exercises. Similarly, you could get yourself a rack of dumbbells, focus on eccentric training (slowly lowering the dumbbells). This will increase the difficulty as
your muscles are under tension for longer. Try to keep in the recommended range of repetitions, this should help guide you on what weight dumbbells to use. If youre struggling to do more than 3 repetitions, youve probably picked dumbbells that are too heavy. In contrast, if you
can do 15 repetitions with ease, the dumbbells are probably too light. 12 weeks is more than enough time to start seeing some substantial differences in your physique and overall strength. The best approach to fitness is to follow a long-term plan, but a 12 week workout plan can help to kick start your fitness regime and help you regain that fitness
you might have lost. Yes, you can absolutely build muscles and help them develop and grow. Dumbbells will activate your muscles and help them develop and grow build muscles and help them develop and grow. Dumbbell writeria around balance and stability because you have to lift each dumbbell
up separately. This also helps avoid one side of your body overcompensating for the other. Its very easy to simply pick up a pair of dumbbell and start doing bicep curls or an dumbbell overhead squat, but to really achieve your fitness goals, its always recommended to follow a more structured plan. This ensures that you can activate all the major
muscle groups and create a more well-round physique and muscular development. After you complete this 12 week dumbbell workout, Or similarly, you may decide to take a few weeks or months off from this style of training and
opt to include some barbell work or something completely different like bodyweight or calisthenic workout is worth looking at). If you want extra support, you may want to consider getting a personal trainer on a more permanent basis. Our friends at Zen2Fit have put this guide together that outlines
costs and what to expect How Much Does a 12-Week Personal Training Program Cost? You could also stop off at GS-JJ.com and keep motivation high with a custom medal once youve finished your first 12 weeks. Robert Turp Robert Turp is the Founder and Senior Editor at Fitness Drum. He is a CPT (Certified Personal Trainer) and Strength and
Conditioning Coach, with over a decade of experience in digital publishing and media. He oversees all content production on the website and the trends newsletter. Away from his desk, he enjoys hiking, wild swimming and a PPL split. Related Articles Best CrossFit Exercises and Workouts for Beginners Quick 5 Minute Ab Workout Shoulder and Bicep
Workout , the free encyclopedia that anyone can edit. 107,747 active editors 7,024,400 articles in English Lieutenant-General Henry de Hinuber (17671833) was a Hanoverian army officer who commanded units of the King's German Legion (KGL) during the Napoleonic Wars. Initially serving in the Hanoverian Army, in 1782 he fought in the Second
Anglo-Mysore War in India. He was present at the siege of Cuddalore. The French Revolutionary Wars began a decade later and Hinuber served in the Flanders Campaign. When Hanover was invaded in 1803, Hinuber offered his services to the British Army and was given command of the 3rd Line Battalion of the KGL before commanding a brigade in
the Bay of Naples in 1809. He was promoted to major-general in 1811 and given command of a brigade at the Battle of Nivelle in 1813 and then at the siege of Bayonne the following year, when he led the response to the French counter-attack. He joined the army of
the new Kingdom of Hanover in 1816. He received his last command in 1831, of the 2nd Division of a corps of the German Federal Army, and died in Frankfurt two years later. (Fullarticle...)Recently featured: Hurricane Claudette (2003)Trinity (nuclear test)ManitobaArchiveBy emailMore featured articlesAboutGlds Perla Viggsdttir... that Glds Perla
Viggsdttir (pictured) scored two goals for the Iceland women's national football team the day before she graduated from university?... that the literary journal in Canada?... that according to the Zoo Miami communications director, 100 men could beat a single gorilla if they
 "envelop the gorilla and create a human straightjacket"?... that the memorial for James Bunbury White, the founder of Whiteville, North Carolina, was knocked down in a car crash 200 years after his death?... that before the establishment of Singapore's Rail Test Centre, the bulk of rolling-stock testing had to be conducted overseas?... that the artist
Cady Noland has disavowed artworks that she no longer considered genuine because they were damaged or altered?... that Li Jinhua was the first female spokesperson of the Chinese Ministry of Foreign Affairs?... that an
announcer damaged the tower of an Arkansas radio station while driving a moving van? ArchiveStart a new articleMuhammadu Buhari (pictured) dies at the age of 82. Clashes between Druze militias and the Syrian Armed Forces result in hundreds of deaths. The International
Criminal Court issues arrest warrants for Taliban leaders Hibatullah Akhundzada and Abdul Hakim Haggani over their alleged persecution of women in Afghanistan. Flooding in Central Texas, United States, leaves at least 140 people dead. Ongoing: Gaza warRussian invasion of Ukrainetimeline Sudanese civil wartimeline Recent deaths: Felix
 BaumgartnerFauja SinghBradley John MurdochFrank BarrieIhor PokladGlen MichaelNominate an articleJuly 18Nadia Comneci on the balance beam1290 King EdwardI issued an edict to expel all Jews from England.1723 Johann Sebastian Bach directed the first performance of his cantata Erforsche mich, Gott, und erfahre mein Herz in Leipzig.1976
At the Olympic Games in Montreal, Nadia Comneci (pictured) became the first person to score a perfect10 in a modern Olympics gymnastics event.1989 American actress Rebecca Schaeffer was shot and killed by Robert John Bardo, eventually prompting the passage of anti-stalking laws in California.1995 Selena's album Dreaming of You,
instrumental in popularizing Tejano music, was released posthumously. Benito Jurez (d.1872)Richard Branson (b.1975)Amy Gillett (d.2005)More anniversaries: July 17July 18July 19ArchiveBy emailList of days of the yearAboutPainted batThere are 30 extant kerivouline species, which are members of Kerivoulinae, one of the four
 subfamilies of Vespertilionidae, itself one of twenty families of bats in the mammalian order Chiroptera, and part of the microbat suborder. Kerivoulines, or wetlands, savannas, or wetlands. They range in size from the least woolly bat,
at 2cm (1in) plus a 2cm (1in) tail, to the Kachin woolly bat, at 6cm (2in) plus a 7cm (3in) tail. The 30 extant species of Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two genera, with 26 species in Kerivoulinae are divided between two general are divided between tw
Edward IslandArchiveMore featured listsThe Basilica of StPaul is a Catholic parish church that was completed in 1578. It was constructed with funds from the noblewoman Cosmana Navarra, on plans
prepared by Francesco Buonamici. The final stages were carried out completed by Lorenzo Gaf. It was elevated to the status of a minor basilica in 2020. The church features a grotto where, according to tradition, Paul the Apostle lived and preached during his three-month stay in Malta in AD60. This photograph shows the facade of the Basilica of
StPaul in 2021. Photograph credit: Diego DelsoRecently featured: Clouded ApolloAnne of ClevesRosencrantz and GuildensternArchiveMore featured picturesCommunity portal The central hub for editors, with resources, links, tasks, and announcements. Village pump Forum for discussions about Wikipedia itself, including policies and technical
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 Earth-Ox)1416 or 1035 or 263to(male Iron-Tiger)1417 or 1036 or 264 King Andrew III (r. 12901301)Year 1290 (MCCXC) was a common year starting on Sunday of the Julian calendar July 10 King Ladislaus IV of Hungary ("the Cuman") is assassinated at the castle of Krsszeg (modern Romania). He is succeeded by Andrew III ("the Venetian"), after an
election by Hungarian nobles, who is crowned by Archbishop Lodomer as new ruler of Hungary and Croatia in Szkesfehrvr on July 23.[1][2]December 18 King Magnusson"). Although, Sweden is an elective monarchy, Birger had already
been appointed heir to the throne in 1284 July 18 Edict of Expulsion: King Edward I of England ("Longshanks") orders all Jews (at this time probably numbering around 2,000) to leave the country by November 1 (All Saints' Day[3]). The edict was decreed on Tisha B'Av on the Hebrew calendar, a day that commemorates many calamities. They are
eventually allowed back in 1656. September The 7-year-old Margaret, Maid of Norway, queen-designate and heir to the crown of Scotland, dies en route to the British Isles in Orkney, leading to thirteen competitors for the crown of Scotland, dies en route to the British Isles in Orkney, leading to thirteen competitors for the crown of Scotland, dies en route to the British Isles in Orkney, leading to thirteen competitors for the crown of Scotland, dies en route to the British Isles in Orkney, leading to thirteen competitors for the crown of Scotland, dies en route to the British Isles in Orkney, leading to thirteen competitors for the crown of Scotland, dies en route to the British Isles in Orkney, leading to thirteen competitors for the crown of Scotland, dies en route to the British Isles in Orkney, leading to thirteen competitors for the Crown of Scotland, dies en route to the British Isles in Orkney, leading to thirteen competitors for the Crown of Scotland, dies en route to the British Isles in Orkney, leading to thirteen competitors for the Crown of Scotland, dies en route to the British Isles in Orkney, leading to thirteen competitors for the Crown of Scotland, dies en route to the British Isles in Orkney, leading to thirteen competitors for the Crown of Scotland, dies en route to the British Isles in Orkney, leading to thirteen competitors for the Crown of Scotland, dies en route to the British Isles in Orkney, leading to thirteen competitors for the Crown of Scotland, dies en route to the British Isles in Orkney, leading to the Briti
been suffering from illness for some time, and the cold and dampness of the winter months probably aggravate her condition. December Edward I travels with the body of Queen Eleanor from Lincoln to London. Remembering his wife, Edward erects a series of crosses at each location that the body rests overnight. These are known as the twelve
 Eleanor crosses. Winter The second of the Statutes of Mortmain passed during the reign of Edward I prevents land from passing into the practice of subinfeudations. The statute allows land to be sold according to royal approval, as long as the new owner
answers directly to his lord or the king. June Genoa concludes a new commercial treaty with the Mamluks; five galleys sent by King James II of Aragon ("the Just") join the Venetian Crusader fleet (some 20 ships) on its way to Acre. On board the fleet are Italian urban militias and mercenary forces under Seneschal Jean I de Grailly, who have fought for
the Papal States in the so-called Italian Crusaders massacre Muslim merchants and peasants, and some local Christians in Acre. Some claim it began at a drunken party others that a European husband found his wife making love to a Muslim. The barons and local knights try to rescue a few Muslims and take them to the
safety of the castle, while some ringleaders are arrested. [5] August 30 Survivors and relatives of the massacre at Acre take bloodstained clothing to Sultan Qalawun now obtains legal clearance from the
religious authorities in Cairo to break the truce with Crusader states.[6]October Qalawun orders a general mobilization of the Knights Templar. However, Qalawun demands huge compensation for those killed in Acree delegation be sent to Cairo under Guillaume de Beaujeu, Grand Master of the Knights Templar. However, Qalawun orders a general mobilization of the Mamluk forces. In a council, it is decided that a peace delegation be sent to Cairo under Guillaume de Beaujeu, Grand Master of the Knights Templar.
and sends a Syrian army to the coast of Palestine, near Caesarea. [7] November 10 Qalawun ("the Victorious") dies as the Egyptian Mamluk army sets out for Acre. He is succeeded by his eldest son Al-Ashraf Khalil as ruler of the Mamluk Sultanate. Khalil orders his allies and tributaries in Syria to prepare for a campaign next spring. Governors and
castle commanders are ordered to assemble siege equipment and armor.[8][une 13 Shamsuddin Kayumars, Mamluk ruler of the Khalji dynasty, ending Mamluk rule and instigating the Khalji Revolution.[9]September 27 The 6.8 Ms Zhili earthquake
 affects the province of Zhili in China, with a maximum Mercalli intensity of IX (Violent), killing 7,270100,000 people. June 8 Beatrice Portinari, muse of the Italian poet Dante Alighieri, dies in Florence. In his Divine Commedia), he transforms his memory of Beatrice into an allegory of divine love. [10] "Year without winter" An
exceptionally rare instance of uninterrupted transition, from autumn to the following spring, in England and the mainland of Western Europe.[11]March 1 The University of Coimbra is founded in Lisbon by Denis I ("the Poet King"). He decrees that Portuguese is the official language of Portugal, replacing classical Latin in that capacity. The
Dnyaneshwari is written in India. This holy book is a commentary on the Bhagvad Gita and is narrated by Dnyaneshwar. January 3 Constance of Portugal, queen consort of Castile (d. 1367) August 4 Leopold I, Duke of
Austria ("the Glorious"), German nobleman (d. 1326)October 15 Anne of Bohemia, queen consort of Bohemia, queen consort of Bohemia, queen consort of Bohemia, persian poet and mystic (d. 1348)Barlaam of Seminara, Italian
cleric, scholar and theologian (d. 1348)Beatrice of Silesia, queen of Germany (House of Piast) (d. 1322)Buton Rinchen Drub, Tibetan Buddhist religious leader (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist religious leader (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, Japanese Buddhist monk, disciple and poet (d. 1364)Daichi Sokei, disciple and poet 
 (condottiero) (d. 1369) Hugues Quiret, French nobleman, admiral and advisor (d. 1340) Jacob van Artevelde, Flemish merchant and statesman (d. 1345) Jacopo Dondi dell'Orologio, Italian doctor and polymath (d. 1359) Johannes de Muris, French mathematician and astronomer (d. 1344) John Maltravers, English nobleman, knight and governor (d. 1359) Johannes de Muris, French mathematician and astronomer (d. 1344) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, English nobleman, knight and governor (d. 1369) John Maltravers, knight and governor (d. 1369) John Mal
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 Cameros, Spanish nobleman and prince (infante) (d. 1319)Pierre Bersuire (or Bercheure), French translator and encyclopaedist (d. 1362)Rabbenu Yerucham, French rabbi and scholar (posek) (d. 1350)Richard de Willoughby, English landowner and politician (d. 1362)Rudolf Hesso, Margrave of Baden-Baden, German nobleman (House of Zhringen) (d. 1362)Rabbenu Yerucham, French rabbi and scholar (posek) (d. 1362)Rudolf Hesso, Margrave of Baden-Baden, German nobleman (House of Zhringen) (d. 1362)Rabbenu Yerucham, French rabbi and scholar (posek) (d. 1362
 1335)Sesson Ybai, Japanese Buddhist monk, priest and poet (d. 1347)Theodore I, Marquis of Montferrat ("Palaiologos"), Byzantine nobleman and writer (d. 1353)January 28 Dervorguilla of Galloway, Scottish noblewoman (b. 1210)February 3 Henry XIII, Duke of Bavaria, German
 nobleman, co-ruler and knight (b. 1235)March 24 John dal Bastone, Italian monk, priest and preacher (b. 1200)March 26 John Kirkby, English bishop, vice-chancellor and knight (b. 1225)May 10 Rudolf II, Duke of Austria, German nobleman (House of Habsburg) (b. 1200)March 26 John Kirkby, English bishop, vice-chancellor and knight (b. 1235)March 24 John dal Bastone, Italian monk, priest and preacher (b. 1200)March 26 John Kirkby, English bishop, vice-chancellor and knight (b. 1235)May 10 Rudolf II, Duke of Austria, German nobleman (House of Habsburg) (b. 1200)March 26 John Kirkby, English bishop, vice-chancellor and knight (b. 1235)March 27 John dal Bastone, Italian monk, priest and preacher (b. 1200)March 26 John Kirkby, English bishop, vice-chancellor and knight (b. 1235)May 10 Rudolf II, Duke of Austria, German nobleman (House of Habsburg) (b. 1200)March 26 John Kirkby, English bishop, vice-chancellor and knight (b. 1235)May 10 Rudolf II, Duke of Austria, German nobleman (House of Habsburg) (b. 1200)March 26 John Kirkby, English bishop, vice-chancellor and knight (b. 1200)March 26 John Kirkby, English bishop, vice-chancellor and knight (b. 1200)March 26 John Kirkby, English bishop, vice-chancellor and knight (b. 1200)March 26 John Kirkby, English bishop, vice-chancellor and knight (b. 1200)March 26 John Kirkby, English (b. 1200)March 27 John Kirkby, English (b. 1
 1270)June 8 Beatrice Portinari, Italian muse of Dante (b. 1266)June 13 Shamsuddin II, Mamluk ruler of the Delhi Sultanate (b. 1285)June 23 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 13 Shamsuddin II, Mamluk ruler of the Delhi Sultanate (b. 1285)June 23 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 13 Shamsuddin II, Mamluk ruler of the Delhi Sultanate (b. 1285)June 23 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 13 Shamsuddin II, Mamluk ruler of the Delhi Sultanate (b. 1285)June 23 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 13 Shamsuddin II, Mamluk ruler of the Delhi Sultanate (b. 1285)June 23 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 13 Shamsuddin II, Mamluk ruler of the Delhi Sultanate (b. 1285)June 23 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 23 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 24 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 25 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 26 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 27 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 28 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 28 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 28 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 28 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 28 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 28 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 28 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 28 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 28 Henryk IV Probus ("the Righteous"), High Duke of Poland (b. 1258)June 28 Henryk IV Probus ("the Righteous"), High Duke IV Probus ("the Righteous"), High Duke IV Probus ("the Righte
 1283)November 10 Qalawun ("the Victorious"), Mamluk ruler of Egypt (b. 1222)November 28 Eleanor of Castile, queen consort of England (b. 1241)December 18Herman I, German nobleman (House of Henneberg) (b. 1224)Magnus III (or I) ("Birgersson"), king of Sweden (b. 1240)December 21 Gerhard I, Count of Holstein-Itzehoe, German nobleman
knight and regent (b. 1232)Adelaide, Countess of Auxerre, French noblewoman and ruler (suo jure) (b. 1251)Alice de Lusignan, Countess of Gloucester, French noblewoman and nun (b. 1203)Eison, Japanese Buddhist scholar-monk, disciple and priest (b. 1201)Elizabeth
the Cuman, queen of Hungary (House of Arpad) (b. 1244)Fakhr al-Din Mustawfi, Persian finance minister, advisor and vizier Engel, Pl (2001). The Realm of St Stephen: A History of Medieval Hungary, 8951526. I.B. Tauris Publishers. p.110. ISBN1-86064-061-3. Bartl, Jlius; iaj, Viliam; Kohtova, Mria; Letz, Rbert; Sege, Vladimr; kvarna, Duan (2002)
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Crusader states, p. 49. ISBN 978-1-84176-862-5. Steven Runciman (1952). A History of The Crusades. Vol III: The Kingdom of Acre, p. 343. ISBN 978-1-84176-862-5. Steven Runciman (1952). A History of The Crusades. Vol III: The
 Kingdom of Acre, p. 343. ISBN 978-0-241-29877-0. Sen, Sailendra (2013). A History of The Crusades. Vol III: The Kingdom of Acre, p. 344. ISBN 978-9-38060-734-4. Williams, Hywel (2005). Cassell's Chronology of World History, p. 151
ISBN0-304-35730-8.^ Kington, J. Climate and Weather. HarperCollins Publishers, 2010.Retrieved from " 30ne hundred years, from 1101 to 1200See also: Renaissance of the 12th century 12th ce
leaders11thcentury12thcentury12thcentury13thcentury13thcentury13thcentury13thcentury12thcentury13thcentury13thcentury12thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13thcentury13th
culture, this period is considered part of the High Middle Ages and overlaps with what is often called the "'Golden Age' of the Cistercians". The Golden Age of Islam experienced significant development, particularly in Islamic Spain. In Song dynasty China, an invasion by Jurchens caused a political schism of north and south. The Khmer Empire of
Cambodia flourished during this century, while the Fatimids of Egypt were overtaken by the Ayyubid dynasty. Following the expansions of the Ghaznavids and Ghurid Empire, the Muslim conquests in the Indian subcontinent took place at the end of the century. Main article: 1100sThe Ghurid Empire converted to Islam from Buddhism. 1101: In July, the
Treaty of Alton is signed between Henry I of England and his older brother Robert, Duke of Normandy in which Robert agrees to recognize Henry as king of England in exchange for a yearly stipend and other concessions. The agreement temporarily ends a crisis in the succession of the Anglo-Norman kings. 11011103: David the Builder takes over
 Kakheti and Hereti (now parts of Georgia).1102: King Coloman unites Hungary and Croatia under the Hungarian Crown.1102: Muslims conquer Seoro de Valencia.11031104: A church council is convened by King David the Builder defeats an
army of Seljuks.1104: King Jayawarsa of Kadiri (on Java) ascends to the throne.[citation needed]1106: Battle of Tinchebray.11071111: Sigurd I of Norway becomes the first N
Muslims.1108: By the Treaty of Devol, signed in September, Bohemond I of Antioch has to submit to the Byzantine Empire, becoming the vassal of Alexius I.1109: On June 10, Bertrand of Toulouse captures the County of Tripoli (northern Lebanon/western Syria).1109: In the Battle of Nako, Boleslaus III Wrymouth defeats the Pomeranians and re
establishes Polish access to the sea.1109: On August 24, in the Battle of Hundsfeld, Boleslaus III Wrymouth defeats Emperor Henry V's first expedition to Rome, he is crowned Holy Roman Emperor.1113: Paramavishnulok is crowned as King
Suryavarman II in Cambodia. He expands the Khmer Empire and builds Angkor Wat during the first half of the century. He establishes diplomatic relations with China.1115: In Java, King Kamesvara of Kadiri ascends to the throne. Janggala ceases to exist and comes under Kadiri
domination, highly possible under royal marriage. During his reign, Mpu Dharmaja writes Kakawin Smaradahana, a eulogy for the king which spread across Southeast Asia.[1]1116: The Byzantine army defeats the Turks at Philomelion.1116: Death of doa Jimena Daz, governor of Valencia from
1099 to 1102.c. 1119: The Knights Templar are founded to protect Christian pilgrims in Jerusalem. Main article: 1120sA Black and White Photo of the 12th century Cuenca Cathedral (built from 1182 to 1270) in Cuenca, Spain1120: On January 16, the Council of Nablus, a council of ecclesiastic and secular lords in the crusader Kingdom of Jerusalem.
establishes the first written laws for the kingdom.1120: On November 25, William Adelin, the only legitimate son of King Henry I of England, drowns in the White Ship Disaster, leading to a succession crisis which will bring down the Norman monarchy of England.1121: On August 12, in the Battle of Didgori, the greatest military victory in Georgian
history, King David the Builder with 45,000 Georgians, 15,000 Kipchak auxiliaries, 500 Alan mercenaries and 100 French Crusaders defeats a much larger Seljuk-led Muslim coalition army.1121: On December 25, St. Norbert and 29 companions make their solemn vows in Premontre, France, establishing the Premonstratensian Order.1122: The Battle
of Beroia (Modern-day Stara Zagora, Bulgaria) results in the disappearance of the Pechenegs Turkish tribe as an independent force.1122: On September 23, the Concordat of Worms (Pactum Calixtinum) is drawn up between the papacy and the
 Holy Roman Empire.1122: King David the Builder captures Tbilisi and declares it the capital city of Georgia, ending 400 years of Arab rule.1123: The Jurchen dynasty of China forces Koryo (now Korea) to recognize their suzerainty.1124: In April or May, David I is crowned King of the Scots.1125: On June 11, in the Battle of Azaz, the Crusader states,
led by King Baldwin II of Jerusalem, defeat the Seljuk Turks.1125: In November, the Jurchens of the Jin dynasty declare war on the Song dynasty, beginning the JinSong wars.1125: Lothair of Swabia, beginning the JinSong wars.11
and Ghibellines.1127: The Northern Song dynasty loses power over northern China to the Jin dynasty.1128: On June 24, the Kingdom of Portugal gains independence from the Kingd
Cambodia of the Khmer Era.11301180: 50-year drought in what is now the American Southwest.11301138: Papal schism, Pope Innocent II vs. Antipope Anacletus II.1130: On March 26, Sigurd I of Norway dies. A golden era of 95 years comes to an end for Norway as civil wars between the members of Harald Fairhair's family line rage for the
remainder of the century.1130: On Christmas Day, Roger II is crowned King of Sicily, the royal title being bestowed on him by Antipope Anacletus II.1132: The Southern Song dynasty establishes China's first permanent standing navy, although China had a long naval history prior. The main admiral's office is at the port of Dinghai.11321183: the
Chinese navy increases from a mere 3,000 to 52,000 marine soldiers stationed in 20 different squadrons. During this time, hundreds of treadmill-operated paddle wheel craft are assembled for the navy to fight the Jin dynasty in the north.1135: King Jayabaya of Kadiri ascends to the throne.[2]11351154: The Anarchy takes place, during a period of
civil war in England.1136: Suger begins rebuilding the abbey church at St Denis north of Paris, which is regarded as the first major Gothic building.1137: On July 22, the future King Louis VII of France marries Eleanor, the Duchess of Aquitaine.1138: On October 11, the 1138 Aleppo earthquake devastates much of northern Syria.1139: in April, the
 Second Lateran Council ends the papal schism.1139: On July 5, in the Treaty of Mignano, Pope Innocent II confirms Roger II as King of Sicily, Duke of Apulia, and Prince of Capua and invests him with his titles.1139: On July 25, the Portuguese defeat the Almoravids led by Ali ibn Yusuf in the Battle of Ourique; Prince Afonso Henriques is acclaimed
 King of Portugal by his soldiers. Main article: 1140s Averroes in a 14th-century painting by Andrea di Bonaiuto11401150: Collapse of the Ancestral Puebloan culture at Chaco Canyon (modern-day New Mexico). 1141: The Treaty of Shaoxing ends the conflict between the Jin dynasty and Southern Song dynasty, legally establishing the boundaries of the
two countries and forcing the Song dynasty to renounce all claims to its former territories north of the Huai River. The treaty reduces the Southern Song into a quasi-tributary state of the Jurchen Jin dynasty.1143: Afonso Henriques is proclaimed King of
 Portugal by the cortes.1143: The Treaty of Zamora recognizes Portuguese independence from the Kingdom of Len. Portugal also recognizes the suzerainty of the pope.1144: On December 24, Edessa falls to the Atabeg Zengi.11451148: The Second Crusade is launched in response to the fall of the County of Edessa.1147: On October 25, the four-
 month-long Siege of Lisbon successfully brings the city under definitive Portuguese control, expelling the Moorish overlords.1147: A new Berber dynasty, the Almohads began as a religious movement to rid Islam of
impurities.1147: The Wendish Crusade against the Polabian Slavs (or "Wends") in what is now northern and eastern Germany. Main article: 1150s1150: Ramon Berenguer IV, Count of Barcelona, the Queen of Aragon. 1151: The Treaty of Tudiln is signed by Alfonso VII of Len and Raymond Berengar IV, Count of Barcelona,
recognizing the Aragonese conquests south of the Jcar and the right to expand in and annex the Kingdom of Murcia.1153: The Treaty of Wallingford, ends the civil war between Empress Matilda and her cousin King Stephen of England fought over the English crown. Stephen acknowledges Matilda and her cousin King Stephen of England fought over the English crown. Stephen acknowledges Matilda and her cousin King Stephen of England fought over the English crown.
Constance is signed between Emperor Frederick I and Pope Eugene III, by the terms of which, the emperor is to prevent any action by Manuel I Comnenus to reestablish the Byzantine Empire on Italian soil and to assist the pope against his enemies in revolt in Rome.1154: the Moroccan-born Muslim geographer Muhammad al-Idrisi publishes his
Geography.1154: On December 27, Henry II is crowned King of England at Westminster Abbey.1155: Pope Adrian IV grants overlordship of Ireland to Henry II of England in the bull Laudabiliter.1156: On June 18, the Treaty of Benevento is entered into by Pope Adrian IV and the Norman Kingdom of Sicily. After years of turbulent relations, the popes
 finally settles down to peace with the Hauteville kings. The kingship of William I is recognized over all Sicily, Apulia, Calabria, Campania, and Capua. The tribute to the pope of 600 schifati agreed upon by Roger II in 1139 at Mignano is affirmed and another 400 shift is added for the new lands.1158: The Treaty of Sahagn ends the war between Castile
and Len. Main article: 1160sThe Liuhe Pagoda of Hangzhou, China, 11651161: the Song dynasty Chinese navy, employing gunpowder bombs launched from trebuchets, defeats the enormous Jin dynasty navy in the East China Sea in the Battle of Tangdao and on the Yangtze River in the Battle of Caishi. 1161: Kilij Arslan II, Sultan of Rum, makes peace
 with the Byzantine Empire, recognizing the emperor's primacy.1161: In the siege of Ani, troops from the Kingdom of Georgia take control over the city, only to have it sold for the second time to the Shaddadids, a Kurdish dynasty.1162: Genghis Khan, the founder of the Mongol Empire, is born as Temjin in present-day Mongolia.1163: The Norwegian
 Law of Succession takes effect.11651182: Tensions and disputes between the Pagan Empire and the Kingdom of Polonnaruwa causes the Sinhalese under Parakramabahu the Great to raid Burma.1168: King Valdemar I of Denmark conquers Arkona on the Island of Rgen, the strongest pagan fortress and temple in northern Europe.1169: Political
 disputes within the Pandya Empire sparks the decade-long Pandyan Civil War.1169: On May 1, the Norman invasion of Ireland begins. Richard fitzGilbert de Clare ('Strongbow') allies with the exiled Irish chief, Dermot MacMurrough, to help him recover his kingdom of Leinster. Main article: 1170sThe defense of the Carroccio during the battle of
 Legnano (1176) by Amos Cassioli (18321891)1170: The Treaty of Sahagn is signed by Alfonso VIII agrees to provide Alfonso II with three hostages, to be used as tribute payments owed by Ibn Mardan of Valencia and Murcia.1170: On December 29, Thomas Becket is
 murdered in Canterbury Cathedral.1171: Saladin deposes the last Fatimid Caliph Al-'id and establishes the Ayyubid dynasty.1171: On November 11, Henry II of England lands in Ireland to assert his claim as Lord of Ireland.1172: The Pandyan city of Madurai is sacked by the Sinhalese army due to an attempt to drive off the rival throne claimant
 Kulasekara Pandyan.1173: Sinhalese king Parakramabahu the Great gains a decisive victory by invading the Chola Empire as an ally of the Pandyas in the Battle of Alnwick. He accepts the feudal overlordship of the English crown and pays ceremonial
 allegiance at York.1175: Hnen Shnin (Genk) founds the Jdo sh (Pure Land) sect of Buddhism.1175: The Treaty of Windsor is signed by King Henry II of England and the High King of Ireland, Ruaidr Ua Conchobair.1176: On May 29, Frederick Barbarossa's forces are defeated in the Battle of Legnano by the Lombard League which results in the
emperor's acknowledgment of the pope's sovereignty over the Papal States and Alexander acknowledging the emperor's overlordship of the imperial Church.1176: On September 17, The Battle of Myriocephalum; Turkish: Miryakefalon Sava) is fought between the Byzantine Empire and the Seljuk Turks in Phrygia. It is a serious
reversal for the Byzantine forces and will be the final, unsuccessful, effort by the Byzantines to recover the interior of Anatolia from the Seljuk Turks.1177: The Treaty or Peace of Venice is signed by the papacy and its allies, and Frederick I, Holy Roman Emperor. The Norman Kingdom of Sicily also participates in negotiations and the treaty thereby
determines the political course of all of Italy for the next several years.1178: Chinese writer Zhou Qufei, a Guangzhou customs officer, writes of an island far west in the Indian Ocean (possibly Madagascar), from where people with skin "as black as lacquer" and with frizzy hair were captured and purchased as slaves by Arab merchants.1179: The
Treaty of Cazola (Cazorla) is signed by Alfonso II of Aragon and Alfonso VIII of Castile, dividing Andalusia into separate zones of conquest for the two kingdoms, so that the work of the Reconquista would not be stymied by internecine feuding. Main article: 1180s1180: The Portuguese Navy defeats a Muslim fleet off the coast of Cape
 Espichel.11801185: the Genpei War in Japan.1181: Parakramabahu the Great conducts a large-scale raid on Burma, after a ship transporting a Sinhalese princess to the Khmer Empire is attacked by Burmese naval fleets.1182: Religious reformations of Theravada Buddhism in Pagan Burma under the patronage of Narapatisithu are continued with the
 end of the Polonnaruwa-Pagan War.1182: Revolt of the people of Constantinople against the Latins, whom they massacre, proclaiming Andronicus I Comnenus as co-emperor.1183: On January 25, the final Peace of Venice of 1177.1183: On
September 24, Andronicus I Comnenus has his nephew Alexius II Comnenus strangled.1184: On March 24, Queen Tamar, King of Georgia, accedes to the throne as sole ruler after reigning with her father, George III, for six years.1184: Diet of Pentecost organised by Emperor Frederick I in Mainz.1185: The Uprising of Asen and Peter against the
Byzantine Empire leads to the restoration of the Bulgarian Empire.1185: Andronicus I Comnenus is deposed and, on September 12, executed as a result of the Norman massacre of the Greeks of Thessalonika.1185: The cathedral school (Katedralskolan) in Lund, Sweden, is founded. The school is the oldest in northern Europe and one of the oldest in
all of Europe.1185: Beginning in this year the Kamakura shogunate deprives the emperor of Japan of political power.1186: On January 27, the future Holy Roman Emperor Henry VI marries Constance of Sicily, the heiress to the Sicilian throne.1187: On July 4, in the Battle of Hattin, Saladin defeats the king of Jerusalem.1187: In August, the Swedish
royal and commercial center Sigtuna is attacked by raiders from Karelia, Couronia, and/or Estonia.[3]1188: The Riah were introduced in Tamesna.[4]1189: On September 3, Richard I is crowned King of England at
Westminster, 1189: On November 11, William II of Sicily dies and is succeeded by his illegitimate cousin Tancred, Count of Lecce instead of Constance, 11891192: The Third Crusade is an attempt by European leaders to wrest the Holy Land from Saladin, Main articles: 1190s and 1200sRichard I of England, or Richard the Lionheart, 1190: On June 10,
Emperor Frederick Barbarossa drowns in the River Salef, leaving the Crusader army under the command of the rivals Philip II of France and Richard I of England, which ultimately leads to the dissolution of the army.1191: Holy Roman Emperor Henry VI attacked the Kingdom of Sicily from May to August but fails and withdrawn, with Empress
Constance captured (released 1192).1191: On September 7, Saladin is defeated by Richard I of England at the Battle of Arsuf.1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of Jerusalem1192: In April, Isabella I begins her reign as Christian Queen of the Kingdom of I begins her reign as Christian Queen of 
Richard Lionheart. Under the terms of the agreement, Jerusalem will remain under Muslim control. However, the city will be open to Christian pilgrims. The Latin Kingdom is reduced to a coastal strip that extends from Tyre to Jaffa.1192: Minamoto no Yoritomo is appointed Sei-i Taishgun, "barbarian-subduing great general", shgun for short, the first
military dictator to bear this title.1192: Sultan Shahbuddin Muhammad Ghori establishes the first Muslim empire in India for 14 years (11921206) by defeating Prithviraj Chauhan.1193: Nalanda, the great Indian Buddhist educational centre, is destroyed.1194: Emperor Henry VI conquers the Kingdom of Sicily.1195: On June 16, the struggle of
Shamqori. Georgian forces annihilate the army of Abu Baqar.1198: The brethren of the Knights, formally known as the Order of the Knights of the Hospital of St. Mary of the Teutonic Knights, formally known as the Order of the Knights of the Hospital of St. Mary of the Teutonic Knights, formally known as the Order of the Knights of the Hospital of St. Mary of the Teutonic Knights, formally known as the Order of the Knights of the Hospital of St. Mary of the Teutonic Knights, formally known as the Order of the Knights of the Hospital of St. Mary of the Teutonic Knights, formally known as the Order of the Knights of the Hospital of St. Mary of the Teutonic Knights, formally known as the Order of the Knights of the Hospital of St. Mary of the Teutonic Knights of the Hospital of St. Mary of the Teutonic Knights, formally known as the Order of the Knights of the Hospital of St. Mary of the Teutonic Knights, formally known as the Order of the Knights of the Hospital of St. Mary of the Teutonic Knights, formally known as the Order of the Knights of the Hospital of St. Mary of the Teutonic Knights, formally known as the Order of the Knights of the Hospital of St. Mary of the Teutonic Knights, formally known as the Order of the Knights of the Hospital of St. Mary of the Teutonic Knights of th
Bulgarian Church with the Roman Catholic Church.1200: Construction begins on the Grand Village of the Natchez people is occupied and built until the early 17th century. [5] Eastern Hemisphere at the end of the 12th century.
century, Zhang Zeduan paints Along the River During the Qingming Festival. It will later end up in the Palace Museum, Beijing. In southeast Asia, there is conflict between the Khmer Empire and the Champa. Angkor Wat is built under the Hindu king Suryavarman II. By the end of the century, the Buddhist Jayavarman VII becomes the ruler. Japan is in
its Heian period. The Chj-jinbutsu-giga is made and attributed to Toba Sj. It ends up at the Kzan-ji, Kyoto.In Oceania, the Tui Tonga Empire expands to a much greater area. Europe undergoes the Renaissance of the 12th century. The blast furnace for the smelting of cast iron is imported from China, appearing around Lapphyttan, Sweden, as early as
1150.Alexander Neckam is the first European to document the mariner's compass, first documented by Shen Kuo during the previous century. Christianity is also introduced to Estonia, Finland, and Karelia. The first medieval universities are founded. Pierre Abelard
teaches. Middle English begins to develop, and literacy begins to spread outside the Church throughout Europe. [6] In addition, churchmen are increasingly willing to take on secular matters. [7] The Ars antiqua period in the history of the medieval
music of Western Europe begins. The earliest recorded miracle play is performed in Dunstable, England. Gothic architecture and trouvre music begin in France. During the middle of the century, the Cappella Palatina is built in Palermo, Sicily, and the Madrid Skylitzes manuscript illustrates the Synopsis of Histories by John Skylitzes. Fire and plague
insurance first become available in Iceland, and the first documented outbreaks of influenza there happens. The medieval state of Serbia is formed by Stefan Nemanja and then continued by the Nemanja and the
soldiers are available year-round, unlike knights who expected certain periods off to maintain their manor lifestyles.[8]In India, Hoysala architecture reaches its peak. In the faces will later be retouched, and the icon will go to the Tretyakov Gallery
of Moscow. The Georgian poet Shota Rustaveli composes his epic poem The Knight in the Panther's Skin. Shahab al-Din Suhrawardi founds his "school of illumination". In North Africa, Kente cloth is first woven. In France, the first
piedfort coins were minted. The city of Tula burns down, marking the end of the Toltec Empire is established. See also: Timeline of historic inventions 12th century 1104: The Venice Arsenal of Venice, Italy, is founded. It employed some 16,000 people for the mass production of sailing ships in large assembly lines, hundreds
of years before the Industrial Revolution.1106: Finished building of Gelati.1107: The Chinese engineer Wu Deren combines the mechanical compass vehicle of the south-pointing chariot with the distance-measuring odometer device.1111: The Chinese engineer Wu Deren combines the mechanical compass vehicle of the south-pointing chariot with the distance-measuring odometer device.1111: The Chinese engineer Wu Deren combines the mechanical compass vehicle of the south-pointing chariot with the distance-measuring odometer device.1111: The Chinese engineer Wu Deren combines the mechanical compass vehicle of the south-pointing chariot with the distance-measuring odometer device.1111: The Chinese engineer Wu Deren combines the mechanical compass vehicle of the south-pointing chariot with the distance-measuring odometer device.1111: The Chinese engineer Wu Deren combines the mechanical compass vehicle of the south-pointing chariot with the distance-measuring odometer device.1111: The Chinese engineer Wu Deren combines the mechanical compass vehicle of the south-pointing chariot with the distance-measuring odometer device.1111: The Chinese engineer Wu Deren chariot with the distance-measuring odometer device.1111: The Chinese engineer Wu Deren chariot with the distance-measuring odometer device.1111: The Chinese engineer with the distance with the distan
Catholic notion of Purgatory is defined. [9]1185: First record of windmills. Wikimedia Commons has media related to 12th century. Soekmono, R. Drs., Pengantar Sejarah Kebudayaan Indonesia 2, 2nd ed. Penerbit Kanisius, Yogyakarta, 1973, 5th reprint edition in 1988 p.57 Britannica, T. Editors of Encyclopaedia (1998, July 20). Kairi. Encyclopaedia
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ISBN 9780520036437. {{cite book}}: ISBN / Date incompatibility (help)Retrieved from " 4The following pages link to 12th century External tools(link counttransclusion countsorted list) See help page for transcluding these entriesShowing 50 items. View (previous 50 | next 50) (20 | 50 | 100 | 250 | 500)Antisemitism in Christianity (links |
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workout regimen, made to ignite your quest for enhanced muscle growth and strength. Our comprehensive program strategically blends power and hypertrophy exercises to shape and refine your fitness background, whether youre a seasoned enthusiast or a newcomer to dumbbell exercises, our 12-week home dumbbell
workout plan is made to accommodate all skill levels. With the principles of compound movements and targeted isolation exercises, every session is carefully structured to optimize muscle growth and progression, ensuring that you derive maximum benefit from your efforts. With the versatility of dumbbells, our workout plan offers unmatched
flexibility, enabling you to build your body conveniently at home. Throughout this workout progress. The journey may be difficult, but the rewards are
immeasurable. 12 Week Dumbbell Workout RoutineOur 12-week dumbbell workout routine consists of a hybrid split, it includes power exercises, and hypertrophy exercises, designed for push-pull leg and upper/lower body muscle groups. On the first 3 days, you will be following a push-pull leg split, and on the last 2 days, you will do an upper/lower
split. The PPL presents a dynamic array of options that effectively engage multiple muscle groups, emphasizing explosive movements to recruit fast-twitch muscle fibers. On the other hand, the upper or lower body during a session,
individuals can dedicate more time and energy to specific muscle groups, enabling deeper engagement and stimulation for muscle growth and trength gains. This approach enhances strength, power, and overall athleticism. Integrating a hybrid PPL and U/L split with dumbbells offers a comprehensive strategy, effectively engaging all muscle groups
By following this workout plan, individuals can challenge their muscles through diverse ranges of motion, thereby promoting functional strength and coordination. By combining Push-Pull-Leg (PPL) and Upper/Lower splits, you can increase the training frequency, targeting each muscle group twice a week will lead to faster muscle building.
 Additionally, you can provide your body with a rest period of two days. The versatility of our dumbbell serves various fitness levels, enabling you to sculpt a well-defined physique across your upper and lower body. Day 1: PushDumbbell Chest Press-3 sets of 10-12 repsDumbbell Incline Press-3 sets of 10- 12 repsDumbbell Seated Shoulder Press-3 sets
of 10-12 repsDumbbell Lateral Raises-3 sets of 10-12 repsDumbbell Biceps Curls or 10-12 repsDumbbell Good Morning- 3 sets of 10-12 repsDumbbell Biceps Curls or Hammer Curls-3 sets of 10-12 repsDumbbell Florence Extension-3 sets of 10-12 repsDumbbell Biceps Curls or Hammer Curls-3 sets of 10-12 repsDumbbell Florence Extension-3 sets of 10-12 repsDumbbell Florence E
repsDumbbell Preacher Curls- 3 sets of 10-12 repsDumbbell Shrugs-3 sets of 10-12 repsDumbbell Shrugs-3 sets of 10-12 repsDumbbell Hamstring Curls-3 sets of 10-12 repsDumbbell Hamstring Curls-3 sets of 10-12 repsDumbbell Shrugs-3 sets of 10-12 rep
Rest or CardioHigh Knees- 3 sets 1-2 minutesJumping Rope- 3 sets 1-2 minutesJumping Rope- 3 sets 1-2 minutesJumping Squats- 3 sets of 12-15 repsDumbbell Chest Press- 3 sets of 12-15 repsDumbbell Chest Press- 3 sets 1-2 minutesJumping Squats- 3 sets 1-2 minutesJumping Rope- 3 sets 1-2 minutesJumping Squats- 3 se
and Press- 3 sets of 12-15 repsDumbbell Lateral Raises- 3 sets of 12-15 repsDumbbell Lunges- 3 sets of 12-15 repsDumbbell Lunges- 3 sets of 12-15 repsDumbbell Lunges- 3 sets of 12-15 repsDumbbell Hamstring Curls- 3
sets of 12-15 repsDumbbell Calf Raises- 3 sets of 12-15 repsDead Bug with Dumbbell Workout Routine for WomenDumbbell Workout Routine for WomenDumbbell Workout Routine for SeniorsWeek 1-4: Foundation Building and DietThe first phase prioritizes proper
form introduction, allowing individuals to master new exercises, adapt joints and muscles to various movements, and explore different training methods. The emphasis on gradual intensity progression helps prevent burnout. Additionally, complementing the foundation-building phase with a well-balanced diet is crucial for maximizing muscle
gains. Calorie Goals A slight caloric surplus of 250-500 extra calories per day can support muscle growth, aiding in the desired 0.5 to 1 pound, one must establish a daily caloric deficit of about 250-500 calories. This deficit can be created through a
combination of dietary adjustments and increased physical activity. Since 3,500 calories approximately equate to one pound of body fat, creating a daily deficit/surplus of 1,750-3,500 calories. Protein Intake for Active Individuals For most people, the Recommended Dietary Allowance (RDA) for
protein is 0.8 grams per kilogram or 0.36 grams per kilogram or 0.36 grams per pound of body weight per day. This is the minimum amount needed for the average sedentary adult to prevent deficiency, but the need for those engaging in regular physical training will be higher. Muscle Gain: If you are looking to build muscle, research suggests consuming between 1.2-1.7 grams
of protein per kilogram of body weight per day, or 0.5 to 0.8 grams per pound of body weight per day. Some sources even recommend up to 2.4 grams per kilogram, especially during intense training phases. Weight Loss/Maintenance: For those aiming for weight loss while preserving muscle mass, protein needs might also increase to help satiate
hunger and maintain lean body mass. The range of 1.6 to 2.2 grams per kilogram can apply here as well. Protein Distribution Equally important to the total daily protein intake is its distribution Equally important to the total daily protein intake is its distribution throughout the day. Consuming protein intake is its distribution Equally important to the total daily protein intake is its distribution throughout the day.
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for the percentage of protein within your total caloric intake, this can vary based on your overall diet and goals. A common macronutrient distribution for those in strength training might look like:55-60% Carbohydrates25-30% Protein15-20% FatHowever, these ratios can and should be adjusted based on personal goals, metabolic health, and dietary preferences. Week 5-8: Progressive Overloading for Strength and EnduranceAs you advance in your training, focusing on both strength and endurance becomes paramount. To enhance your progress, consider increasing the workout volume by incorporating more sets and repetitions. By gradually intensifying your routine, whether through heavier weights or additional sets, you challenge your muscles further, fostering greater strength gains and improved endurance capacity. Additionally, integrating more compound movements can effectively target multiple muscle groups, contributing to overall muscle development and functional fitness. Week 9-12: Implementing Advanced Training

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SetupsIntroduce variations in exercises and intensity to keep challenging your muscles. Consider incorporating Supersets and Giant Sets (alternating between different exercises with minimal rest periods) to stimulate muscle growth and endurance. Additionally, integrating volume techniques like AMRAP (As Many Reps As Possible) and Drop Sets as
the last set can push your limits.Remember to increase weights progressively to ensure continuous improvement and avoid a plateau in your fitness journey. By embracing these strategies, youll keep your workouts dynamic and effective, promoting continued strength gains and muscle growth. Superset Training A superset involves performing two
exercises back-to-back with no rest in between. There are several types of supersets are particularly effective. Example: Opposing Muscle Groups Supersets a
(back). Compound Superset: Perform a set of dumbbell squats (legs) followed by dumbbell deadlifts (back and legs) without resting. Giant Set Training finant sets involve performing three or more exercises back-to-back with no rest in between, targeting the same muscle group. This method significantly increases the intensity and volume, leading to
enhanced endurance and muscle growth. Example (Chest-Focused Giant Set): Dumbbell Bench Press: 8-10 repsPush-Ups: Max repsDumbbell pullover: 12-15 repsPerform all exercises in succession with no rest in between; rest for 2-3 minutes after completing the giant set, then repeat. Drop Set Training Adrop set
involves performing an exercise until failure, then reducing the weight and continuing to do more reps until failure. This process can be repeated multiple times, dramatically increasing the volume and intensity. Example (Bicep Curls): Use this for the last set like a finishing move. Start with a weight you can lift for 6-8 reps until failure. Immediately
reduce the weight by 10-20% and perform more reps until failure. Repeat the reduction in weight and continue performing reps until failure for 2-3 drops. AMRAP Set TrainingAMRAP stands for As Many Reps As Possible. This method pushes you to complete as many repetitions of a specific exercise within a set time frame or until muscular failure.
emphasizing endurance and volume. Example: Set a timer for 1 minute and perform as many reps as possible of squats. Use a challenging weight that allows for rapid, continuous movement throughout the duration. TipsProgressive Overload: Increase weights gradually to challenge your muscles and ensure continued growth. Proper Form: Focus on
maintaining proper form throughout each exercise to prevent injuries and maximize effectiveness. Rest and Recovery: Ensure you get enough rest between workouts and consider incorporating stretching to improve flexibility and aid recovery. Nutrition: Maintain a balanced diet with adequate protein intake to support muscle growth and
recovery. Hydration: Stay hydrated throughout your workouts and the day to support optimal performance and recovery. 12 Week Dumbbell Workout Routine PDF template to track your workouts effortlessly. Whether you opt for the convenience of a digital copy on your phone or
Push-Pull-Leg (PPL) and Upper/Lower splits, offering a balanced approach to strength training and hypertrophy training. Power exercises emphasize explosive movements, enhancing your strength training and hypertrophy training. Power exercises emphasize explosive movements, enhancing your strength training and hypertrophy training.
exercises target specific muscle groups, promoting muscle growth, and definition. By incorporating both types of exercises, you can achieve a comprehensive workout regimen that maximizes gains while minimizing the risk of overtraining. This structured workout regimen that maximizes gains while minimizing the risk of overtraining. This structured workout regimen that maximizes gains while minimizing the risk of overtraining.
proper form, leading to transformative results in strength, muscle development, and overall health and fitness. Supercharge Your Fitness Journey! Join our NEW WhatsApp and Telegram channel for daily workout challenges. WhatsApp and Telegram channel for daily workout challenges.
 heavy dumbbells. Otherwise, you wont be able to achieve muscle failure. You might be able to start with 15s. However, by the end of the 12-week dumbbell workout program youll be reaching for 30s. Below are the best dumbbell leg exercises to strengthen your hamstrings, quads, glutes, and hips. Using dumbbells for squats is highly effective as leg
exercises, activating both your leg and butt muscles. Place your feet square, shoulder-distance apart. Put your weight in your toes. Only go as low as you can without arching your lower back. Sumo squats with dumbbells are similar to squats
but with your feet angled outward at 45 and broader than shoulder distance apart. Put your weight in heels and follow the same rules as squats. These static lunges with dumbbells are my favorite because they point out strength imbalances in your
legs. Move slowly to maintain control, balance, and form. Engage your core and keep your weight in your heels. Aim for a 90 bend in the front knee stays behind your toe, and keep your weight in your heels. Aim for a 90 bend in the front knee stays behind your toe, and keep your weight in your heels. Aim for a 90 bend in the front knee stays behind your toe, and keep your weight in your heels. Aim for a 90 bend in the front knee stays behind your toe, and keep your weight in your heels. Aim for a 90 bend in the front knee stays behind your toe, and keep your weight in your heels. Aim for a 90 bend in the front knee stays behind your toe, and keep your weight in your heels. Aim for a 90 bend in the front knee stays behind your toe, and keep your weight in your heels.
straight down, stopping right before your knee touches the ground, and then straight up. Once you have finished, switch sides. This exercise targets your abductors, which are stability muscles. You should feel the burn in your inner thigh close to your groin. Just like you did with lunges, move slowly to maintain balance and form. Keep your hips back,
weight in your heels, and if it feels more natural, you can point your toes slightly out. As you lower down to the side, only go as low as you can without arching forward, and weight at your sides, push down through the balls of your feet to lift
your heels as high as you can. Pause for a second and then slowly lower them. Between reps, your heels should hover off the ground and not touch. Start with your toes shoulder-distance apart and pointing outward at a 45 angle. Just like you did with calf raisers, keep the weight at your sides while pushing down through the balls of your feet to lift
your heels. For this dumbbell calf variation, start with your heels shoulder-distance apart and your toes pointing inward at a 45 angle. For this dumbbell leg exercise, prepare to strengthen your heels shoulder-distance apart and your thigh is parallel
with the ground. Once youve found your balance, place the dumbbell on your thigh and slowly kick your leg out with pointed toes. Continue to focus on balance and engage your hip flexors to maintain knee height. These muscles are often forgotten, so dont be surprised if this is difficult. Start in bridge pose with the dumbbell resting on your hips.
Then, while keeping your hips square to the ground, lift one leg skyward. With your weight in your flexibility
allows. DO NOT arch your back. Start with your feet shoulders. Focus on maintaining tight core muscles, engaged glutes, and perfect posture (pull your shoulders back) during the entire set. From standing, jump into a low lunge on your right
side, targeting a 90 bend in both knees. Keep your weight in your heels and it will be easier to go deeper in the lunge while preventing your front knee from jutting out past your toes. From the bottom of your lunge, jump into a low lunge on your left side. Go slow down and explode up. Keep your core flexed and try not to lean forward. Your torso
should be centered between your front and back feet. You can always modify and step instead of jumping. These are incredibly effective at building lower body strength and stability. Our Dumbbell Workout Plan would have had a void without them. Make sure your knees dont track outward. One leg deadlifts are an incredible hamstring and butt
exercise with dumbbells, and theyre safer than regular deadlifts. With weights in both hands, keep your feet shoulder-distance apart with a slight bend in your knees. With your standing leg strong, bend at the hips and lean forward while letting your free leg extend back. Keep your core flexed. Once your torso and back leg are parallel to the ground
slowly return to standing. After completing your repetitions, switch sides. This is an advanced squat variation to further isolate your feet shoulder-distance apart and then put one leg back and up on a chair. You can put your toes down on the chair or the top of your foot. Whatever feels most
comfortable. Only sink as low into the squat as you can. If youre tight like me, you will feel some tension in the back hip flexor. Precaution: This is a very challenging move. Start with bodyweight and when you can do 20 with good form, add weight. This one leg squat variation isolates the quadriceps and challenges your balance. While standing on one
leg, keep your weight in the heel as you lower into a squat. Your free leg should be extended, with your knees together. As always, only sink as low as your flexibility allows. DO NOT arch your back. Try to squat until your heel touches the ground. Once finished with the set, switch sides. 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 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 crafted so it gets results, whatever your existing fitness level is. The
workouts are beginner friendly, but by selecting heavier dumbbells, they can be scaled up for elite athletes too. (N.B. if youre a complete beginner, recovering from an injury, or have limited mobility, you may want to consider bodyweight exercises first, before adding any sort of 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 this year. ADVERTISEMENT All you need for this 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 level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength t
exercises can be adapted so that you can perform them on the floor too. Nevertheless, a bench will give you more exercises to include in future workouts. Our recent guide on the decline dumbbell pullover illustrates how changing the
decline of a bench can influences how the muscles are engaged. This isnt a requirement for this workout plan, but its something to consider if you plan on exercising at home for the long-run, as it can make your workouts more efficient. Similarly, equipment like the Terra Core is 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. Primary GoalBuild Functional Strength and Lean MuscleMuscles TargetedFull BodyTraining 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. A 4 day workout plan means you have 3 days free. We would
recommend at least 2 of these days are for rest. Just let your muscles recover from the dumbbell workouts. The other day could also be used to rest, or involve some cardio exercise, such as running, cycling, rowing, or walking. On rest days, we would tend to include plenty of gentle stretching to help avoid muscle soreness and stiffness. You can also
space out the workouts to suit your weekly schedule. Ideally, youll include some rest days between the training on Monday, Wednesday, Friday, Saturday, means youve got rest at the end of the week and doing 4 days consecutively of resistance training. A final function of the workouts, as opposed to having 3 days of rest at the end of the week and doing 4 days consecutively of resistance training. A final function of the workouts, as opposed to having 3 days of rest at the end of the workouts, as opposed to having 3 days of rest at the end of the workouts, as opposed to having 3 days of rest at the end of the workouts, as opposed to having 3 days of rest at the end of the workouts, as opposed to having 3 days of rest at the end of the workouts, as opposed to having 3 days of rest at the end of the workouts, as opposed to having 3 days of rest at the end of the workouts, as opposed to having 3 days of rest at the end of the workouts, as opposed to having 3 days of rest at the end of the workouts, as opposed to having 3 days of rest at the end of the workouts, as opposed to having 3 days of rest at the end of the workouts at the end of the workouts.
thing to note is that factors like sleep and diet are also going to impact the results you get from this workout plan. Try and consume healthy lean protein, as well as cutting back on unhealthy foods, and get enough sleep each night. Especially if youre looking to build lean muscle and lose weight, your diet will play a vital role in achieving this. Warm
UpIts really important to warm up and stretch before any sort of workout, even resistance training. 5-10 minutes of stretching, including both static and dynamic movements, would be recommended. It would also be worth tailoring your warm up for the body part youre focusing on during that workout. Similarly, you may want to do some light
repetitions before your first set for each exercise to prepare your body. ExerciseMuscles WorkedReps/SetsChest, PressChest, Pr
ExerciseMuscles WorkedReps/SetsGoblet SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Straight Leg DeadliftGlutes, Hamstrings, Calves6-12 reps, 3 setsBulgarian Split SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsSingle Straight Leg DeadliftGlutes, Hamstrings, Calves6-12 reps, 3 setsBulgarian Split SquatQuads, Glutes, Hamstrings, Glutes, Hamstrings, Glutes, Hamstrings, Glutes, Hamstrings, Glutes, Hamstrings, Glutes, Hamstrings, Glutes, Hams
setsRussian TwistsCore6-12 reps, 3 setsDumbbell V UpsCore6-12 reps, 3 setsDumbbell Reverse FlyUpper Back, Shoulders6-12 reps, 3 setsDumbbell Reverse FlyUpper Back, Shoulders6-12 reps, 3 setsDumbbell Row HoldBack, Biceps6-12 reps, 3 setsDumbbell Reverse FlyUpper Back, Shoulders6-12 reps, 3 setsDumbbell Row HoldBack, Biceps6-12 reps, 3 setsDumbbell Reverse FlyUpper Back, Shoulders6-12 reps, 3 setsDumbbell Row HoldBack, Biceps6-12 reps, 4 setsDumbbell Row HoldBack, Biceps6-12 reps, 4 setsDumbbell Row HoldBack, Biceps6-12 reps, 4 setsDumbbell Row HoldBack, Biceps6-12 reps
CurlBiceps6-12 reps, 3 setsHammer CurlBiceps, Forearms6-12 reps, 3 setsUpright RowShoulders6-12 reps, 3 setsUpright RowSho
reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 sets This workout is focused on body part splits, so that you can focus on specific parts of your body on certain days and give these muscle groups enough time to rest and recover before you train them again. This means you can really leverage proven
methodology such as progressive overload to build muscle and get more from each day of training. This also makes it easier to track your progress for specific exercises and movements. This approach to dumbbell workouts also ensures that you dont skip leg day, for example, or other muscle groups, and end up with muscular imbalances because
your workouts tend to all lean towards certain movements. Resistance training of any kind is a fundamental pillar for overall health and thats why this sort of dumbbell workout plan shouldnt be seen as only for those looking to build muscle mass or get shredded, but rather something everyone can leverage to look and feel healthier than ever before
This workout plan includes exercises and programming that helps not only build strength and muscle, but also muscular endurance and overall body conditioning, meaning it provides so many benefits for all sorts of fitness goals. Our recent guide on what women can expect after a month of weight lifting, illustrates that women are more likely to
develop very lean and toned physiques from weight lifting than they are developing a bulky physique. The weight of the dumbbells is going to be the defining factor in how challenging each exercise is. If you are a beginner, we would recommend simply going through the motions without any weight so that your body gets used to each movement
Once you are comfortable, you can include very light dumbbells and slowly increase the weight for each exercise. If youre exercising at home, however, you may want to consider buying adjustable dumbbells as
this makes it very easy to change weight between exercises. Similarly, you could get yourself a rack of dumbbells, focus on eccentric training (slowly lowering the dumbbells). This will increase the difficulty as your muscles are under tension for longer. Try to keep in
the recommended range of repetitions. For example, in the workout plan, if it says do between 6-12 repetitions, youve probably picked dumbbells that are too heavy. In contrast, if you can do 15 repetitions with ease, the dumbbells are
probably too light. 12 weeks is more than enough time to start seeing some substantial differences in your physique and overall strength. The best approach to fitness regime and help you regain that fitness you might have lost. Yes, you can absolutely build
muscles using dumbbells only. Dumbbell will activate your muscles and help them develop and grow. Dumbbell wariations of many popular exercises will also offer additional benefits around balance and stability because you have to lift each dumbbell up separately. This also helps avoid one side of your
body overcompensating for the other. Its very easy to simply pick up a pair of dumbbells and start doing bicep curls or an dumbbell overhead squat, but to really achieve your fitness goals, its always recommended to follow a more structured plan. This ensures that you can activate all the major muscle groups and create a more well-round physique
and muscular development. After you complete this 12 week dumbbell workout plan you may simply want to do it again and continue to opt for heavier weights or more repetitions during each workout. Or similarly, you may decide to take a few weeks or months off from this style of training and opt to include some barbell work or something
completely different like bodyweight or calisthenic workouts (our guide on the best calisthenic chest workout is worth looking at). If you want to consider getting a personal trainer on a more permanent basis. Our friends at Zen2Fit have put this guide together that outlines costs and what to expect How Much Does a 12
Week Personal Training Program Cost? You could also stop off at GS-JJ.com and keep motivation high with a custom medal once youve finished your first 12 weeks. Robert Turp Robert Turp is the Founder and Senior Editor at Fitness Drum. He is a CPT (Certified Personal Training) and Strength and Conditioning Coach, with over a decade of
experience in digital publishing and media. He oversees all content production on the website and the trends newsletter. Away from his desk, he enjoys hiking, wild swimming and a PPL split. Related Articles Best CrossFit Exercises and Workouts for Beginners Quick 5 Minute Ab Workout Shoulder and Bicep Workout In the current world of fitness,
were spoiled for choice when it comes to equipment. From state-of-the-art machines to all manner of affordable equipment for home, there are options for everyone. One piece of equipment that has been around for decades is the dumbbell. With a few pairs of these simple heavy lumps with handles, you can sculpt the physique youve been dreaming
about. This article is a guide to creating a strong, muscular, powerful physique with a dumbbell-only workout Plan (with pdf) is designed to take you through multiple phases of fitness training, all using only the simple dumbbell. The 12-Week Dumbbell Workout Plan (with pdf) is designed to take you through multiple phases of fitness training, all using only the simple dumbbell.
fitness. The plan contains four distinct phases, guiding you from endurance through to explosive power. The purpose of your fitness goals. Related: Lower Back Exercises With Dumbbells This dumbbell program has many benefits for those who do it in
the gym or at home. First, this program requires minimal equipment. If you have access to a few sets of dumbbells (or adjustable dumbbells), and maybe a workout bench, you have everything you need to sculpt an athletic physique. Dumbbells also have the benefit of engaging many stabilizing muscles as a free-weight, single-limb form of exercise.
Another benefit of a dumbbell-only workout plan is that it saves time. If youre at home, you dont need to set up or swap out a bunch of different equipment. Finally, a dumbbell-only workout is incredibly versatile. Using just
dumbbells, you can build endurance, muscle mass, strength, and athletic power. Related: 5 Day Dumbbell Workout Plan in this article has several phases, the exercises selected for this list have unique criteria. Specifically, theyre some of the best at each phase of the program. Read on to find out more
about why each of these moves makes the list of best dumbbell exercises. The first exercise on this list is amazing for building lower body endurance. The walking lunge is a simple but effective exercise, training your entire lower limb and core musculature. This exercise is also great for building balance and athletic ability. How-To Perform Dumbbell
Walking Lunge: Stand with feet hip-width apartHold dumbbells either side of hipsStep forward with one legFlex knees and drop hips until rear knee comes to floorKeep front knee in line with anklePress through heel to extend back upStep forward with other leg and repeat Benefits: Functional movement pattern, trains balance, stretch while
strengthening Pro Tips: Keep the posture upright throughout the exercise and keep the feet hip-width apart to avoid losing balance. Next, we have the dumbbell curl to press, which combines a bicep curl with an overhead pressing movement. This exercise recruits many upper body muscles while stimulating a good cardiovascular demand for a
resistance exercise. Its foundational to many of the more advanced workout phases youll see in the later weeks of the program. How-To Perform Dumbbell Curl and Press: Stand with good posture, core strongSupinate forearms so palms are facing
forwardPress the weights overhead with straight armsReverse the movement to return to the starting position Benefits: Pull and push exercise in one, good preparation for Olympic lifts Pro Tips: Keep the upper arms tight to the torso during the curl and squeeze the glutes during the entire exercise. The next upper body exercise on this list is an
Hold the top of the exercise as you contract the pecs hard, and pause at the bottom for a stretch under tension. This single-leg exercise burns like nothing else, but with the advantage of putting slabs of muscle onto your thighs. The split squat is great to do with dumbbells as theyre easier to keep balanced than a bar, but still provide a good way to
add progressive overload. For bigger quads, hamstrings, and glutes, this dumbbell move is a must-include. How-To Perform Bulgarian Split Squat: Stand in front of a bench, with the arms straightFlex the hip and knee to drop downFrom the bottom position,
overhead press is one of the best exercises you can do. Whether its seated or standing, the upper-body muscle recruitment required to press heavy weight while stabilizing the shoulders is huge. This exercise will develop strong, stable shoulders ready for many other upper body athletic movements. How-To Perform Dumbbell Overhead Press: Start
with the dumbbells either side of the ears, palms forward, and elbows at 90 degreesExhale and push the dumbbells upward until they nearly come together above the headSlowly control the weight down to the starting position againRepeat for the recommended reps Benefits: Extra muscle recruitment from stabilizers, works each arm independently
Pro Tips: Try performing this exercise in the scapular plane with the elbows 30 degrees in front of the shoulders if you experience discomfort in the standard position. Like many other forms of squat, the dumbbell variation is the king of lower body exercises. Some benefits of using dumbbells are the decreased load on the spine and the easier barrier
to entry than something like a barbell squat. Youll also be building grip strength at the same time as you hold the dumbbells at your sides. How-To Perform Suitcase Squat: Stand straight with a dumbbell in each hand, palms facing the body Stand in a shoulder-width stance with the toes pointed slightly outSlowly lower the body down by sitting the
hips back and bending the kneesContinue until the thighs are parallel to the floorPush through the heels, exhale, and stand up tallRepeat for the desired repetitions Benefits: Dumbbells allow more upright posture with less load on lower back Pro Tips: Keep the head up at all times and dont allow the knees to cave in toward each other. Moving onto
more power-based exercises, one of the best dumbbell moves is the push press. This athletic movement builds your ability to push, throw, and tackle and to do it fast. The advantage to doing the push press with dumbbells is that you dont have to worry about clipping yourself on the chin with the barbell. Its also easier on the back to catch the weight
on your shoulders rather than the bar on your collarbone. How-To Perform Dumbbell Push Press: Stand in a hip-width stance with the dumbbells resting on the shouldersKeep the elbows in front of the bodyBend the knees slightly and dip the body straight downExplode through the heels, knees, and hipsPress the weight as fast as possible
overheadLock the arms out overhead and briefly hold the weight directly over the feetLower the dumbbells under control back to the starting position and repeat Benefits: Ties upper and lower body together to develop pushing power Pro Tips: The power should come from the ground up; the press with the shoulders should be the easy part. Finally
we have another explosive dumbbell exercise, the snatch. This exercise develops coordination and power from head to toe, with pretty much every major muscle group getting involved. Again, the dumbbell single-arm snatch is great as it adds a rotational element to the core strengthening aspect of the movement. Its also more achievable for those
without shoulder mobility to perform the advanced barbell snatch. How-To Perform Dumbbell Single Arm Snatch: Place the feet shoulder-width on either side of a single dumbbell on the floor to pull the weight straight upLet the momentum carry
the weight to a locked-out overhead positionStomp the feet as you catch the dumbbellControl the weight back to the floor, keeping good spinal alignmentReset and repeat for reps Benefits: Total body explosive pulling power, very athletic movement, great core exercise Pro Tips: Start with a light weight and practice good technique before progressing
this exercise. Engage the glutes and core muscles strongly to protect the back. 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. 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. Warm-Up: General warm-up 5 mins, 10 standing twists, 10 leg swings forward/back and side to side, 10 arm circles forward/back and side to side, 10 arm circles forward/back and side to side, 10 arm circles forward/back. ExerciseSets x RepsRestGoblet squat32030-60 secdB bench press32030-60 secSupported dB row32030-60 secCurl + press32030-60 secdB
crunch32030-60 sec Estimated Workout Duration: 30 minutes including warm-up. Rest or cardio 30-60 mins Warm-Up: 10 standing twists, 10 leg swings forward/back and side to side, 10 arm circles forward/back. ExerciseSets x RepsRestdB push up32030-60 secdB bent row32030-60 secdB OH tricep extension32030-60
secdB Russian twist32030-60 sec Estimated Workout Duration: 30 minutes including warm-up. Rest or cardio 30-60 mins Warm-Up: 10 standing twists, 10 leg swings forward/back and side to side, 10 arm circles forward/back. ExerciseSets x RepsRestRenegade row32030-60 secCoffin press32030-60 secdB sumo deadlift32030-60 secAlternating
hammer curl320 each side30-60 secdB boat hold32030-60 sec Estimated Workout Duration: 30 minutes including warm-up. Rest or cardio 30-60 mins Rest day 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. Its 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. Warm-Up: General warm-up 5 mins, 10 standing twists, 10 arm circles forward/back. ExerciseSets x RepsRestdB cobra push up3-410-1560-90 secdB shoulder press3-48-101-2 minsLateral raise312-151 mindB triceps
kickback310-12 each side1 minOH triceps extension310-121 min Estimated Workout Duration: 30-45 minutes including warm-up. Warm-up sets first exerciseSets x RepsRestdB bent-over row3-48-101-2 minsdB shrugs310-121 minSeated rear delt fly310-121 minSeated rear delt fly310-121 minSeated warm-up.
121 minIncline curl310-121 minConcentration curl312-151 min Estimated Workout Duration: 30-45 minutes including warm-up. Warm-Up: 10 standing twists, 10 leg swings forward/back and side to side unge38-10 each side1 mindB Straight leg
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pullover310-121 minClose grip dB curl310-121 minClose grip dB curl310-121 minAlternating hammer curl312-15 each side to side, 1-2 warm-up sets first exercise. ExerciseSets x RepsRestSuitcase squat38-101-2 minsReverse lunge38-10 each
 side1 mindB sumo deadlift38-101 mindB standing calf raise310-121 mindB Russian twist320 each side1 min Estimated Workout Duration: 30-45 minutes including warm-up. Rest day Now were 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
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. 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. ExerciseSets x RepsRestdB squat55-63-5 minsdB bench press55-63-5 minsdB 
circles forward/back, 2-3 warm-up sets of all exercises. ExerciseSets x RepsRestdB Bulgarian split squat46-8 each side3 minsdB military press55-63-5 mins Estimated Workout Duration: 60-90 minutes including warm-up. Rest or cardio 30-60 mins 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. ExerciseSets x RepsRestdB incline press55-63-5 mins Content 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, theyll 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. Warm-Up: General warm-up 5 mins, 10 standing twists, 10 leg swings forward/back and side to side, arm circles forward/back and side to side, 2-3 warm-up sets of all exercises. ExerciseSets x RepsRestdB push jerk353-5 minsExplosive single-arm bench353-5 minsdB
hang clean353-5 mins Estimated Workout Duration: 45-60 minutes including warm-up. 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 5 mins Estimated Workout Duration: 45-60 minutes including warm-up 1 mins Estimated Workout Duration: 45-60 minutes including 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 5 mins Estimated Workout Duration: 45-60 minutes including warm-up 5 mins, 10 standing twists, 10 leg swings forward/back and side to side, 10 arm circles forward/back and side to si
each side2-3 mins Estimated Workout Duration: 45-60 minutes including warm-up. Rest or cardio 30-60 mins Warm-up sets of all exercises. ExerciseSets x RepsRestdB push jerk382-3 minsExplosive single-arm bench382-3 minsdB single arm
snatch382-3 mins Estimated Workout Duration: 45-60 minutes including warm-up. 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. ExerciseSets x RepsRestSumo high pull353-5 minsdB jump squat353-5 minsdB jumping lunges35 each side3-5 mins Estimated
Workout Duration: 45-60 minutes including warm-up. Rest or cardio 30-60 mins Rest day Related: Muscle Gain Workout Plan With PDF Just as we mentioned in our ultimate calisthenics guide, your body doesnt recognize what you use for resistance only that there is resistance. As long as you apply the principles in the 12-week program above, your
muscles will respond by growing as they would with any other equipment. Dumbbells are free weights that provide a great range of motion, single-limb development, and accessibility. Using these versatile tools allows you to get extra inches of ROM on most exercises as youre not restricted by bars or machine frames. One thing to look out for with a
dumbbell-only workout plan is to ensure youre still progressing consistently. For those with limited sets of dumbbells are one of the oldest forms of resistance training and can definitely be used to build muscle. If you
have access to a good range of weights with dumbbells, you can build a complete physique with no other equipment guaranteed. In the same vein, you can build) muscle mass while stripping body fat on your way to getting cut. For pure
hypertrophy, the recommended range is anywhere from 6-20 repetitions, with the most common suggestion being around 8-12. This means the dumbbells usually increase by a weight of 2-2.5kgs, or 5lbs. So, what do you
think about a dumbbell-only program? Its a no-nonsense way to break free of gym memberships and expensive equipment. Plus, having you work in planned phases helps increase your chances of success. Let us know how you go with the 12-week dumbbell workout plan or post any questions in the comments. If you know anyone who only has
dumbbells to train with, be sure to send this program their way! Share Tweet Email Share copy and redistribute the material in any medium or format for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the
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 warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. 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 workouts are beginner friendly, but by selecting heavier dumbbells, they can be
scaled up for elite athletes too. (N.B. if youre a complete beginner, recovering from an injury, or have limited mobility, you may want to consider bodyweight exercises first, before 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 fitness journey. Achieve your fitness journey. Achieve your fitness journey. Achieve your fitness journey.
apps this year. ADVERTISEMENT All you need for this dumbbells, as youll likely find 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 progressive overload), as you can keep forcing the muscles to adapt to the increased resistance. Progressive overload, as you can keep forcing the muscles to adapt to the increased resistance.
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 level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule in strength training and if you follow this rule (i.e. you keep increasing the level of resistance) is a golden rule (i.e. you keep increasing the level of resistance) is a golden rule (i.e. you keep increasing the level of resistance) is a golden rule (i.e. you keep increasing the level of resistance) is a golden rule (i.e. you keep increasing the level of resistance) is a golden rule (i.e. you keep increasing the level of resistance)
Nevertheless, a bench will give you more opportunities to include on the decline or a decline or a decline or a decline of a bench can influences how the muscles are engaged. This isnt a
requirement for this workout plan, but its something to consider if you plan on exercising at home for the long-run, as it can make your workouts more efficient. Similarly, equipment like the Terra Core is 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. Primary GoalBuild Functional Strength and Lean MuscleMuscles TargetedFull BodyTraining 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 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. A 4 day workout plan means you have 3 days free. We would recommend at least 2 of these days are for rest. Just let your muscles
recover from the dumbbell workouts. The other day could also be used to rest, or involve some cardio exercise, such as running, cycling, rowing, or walking. On rest days, we would tend to include plenty of gentle stretching to help avoid muscle soreness and stiffness. You can also space out the workouts to suit your weekly schedule. Ideally, youll
include some rest days between the training days. For example, training on Monday, Wednesday, Friday, Saturday, means youve got rest days in between thing to note is that factors like sleep and diet are also going to
impact the results you get from this workout plan. Try and consume healthy lean protein, as well as cutting back on unhealthy foods, and get enough sleep each night. Especially if youre looking to build lean muscle and lose weight, your diet will play a vital role in achieving this. Warm UpIts really important to warm up and stretch before any sort of
workout, even resistance training. 5-10 minutes of stretching, including both static and dynamic movements, would be recommended. It would also be worth tailoring your warm up for the body part youre focusing on during that workout. Similarly, you may want to do some light repetitions before your first set for each exercise to prepare your body
ExerciseMuscles WorkedReps/SetsChest PressChest, Deltoids, Triceps6-12 reps, 3 setsTricep Overhead ExtensionsTriceps6-12 reps, 3 setsTricep SetsChest FlyesChest FlyesChest PressChest, Deltoids, Triceps6-12 reps, 3 setsTricep SetsChest, Triceps6-12 reps, 3 setsTricep SetsChest, Deltoids, Triceps6-12 reps, 3 setsTricep SetsChest FlyesChest F
Calves6-12 reps, 3 setsSingle Dumbbell Overhead SquatQuads, Glutes, Hamstrings, Calves6-12 reps, 3 setsBulgarian Split SquatQuads, Glutes, Hamstrings, Glutes, Ham
ExerciseMuscles WorkedReps/SetsBent Over RowBack, Biceps6-12 reps, 3 setsDumbbell Reverse FlyUpper Back, Shoulders6-12 reps, 5 setsD
ExerciseMuscles WorkedReps/SetsShoulder PressShoulders, 2 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, Hamstrings, Calves6-12 reps, 3 setsDumbbell Wood Chop LungesCore, Quads, Glutes, G
Calves6-12 reps, 3 sets This workout is focused on body part splits, so that you can focus on specific parts of your body on certain days and give these muscle groups enough time to rest and recover before you train them again. This means you can really leverage proven methodology such as progressive overload to build muscle and get more from
each day of training. This also makes it easier to track your progress for specific exercises and movements. This approach to dumbbell workouts also ensures that you dont skip leg day, for example, or other muscle groups, and end up with muscular imbalances because your workouts tend to all lean towards certain movements. Resistance training of
any kind is a fundamental pillar for overall health and thats why this sort of dumbbell workout plan includes exercises and programming that helps not only build
strength and muscle, but also muscular endurance and overall body conditioning, meaning it provides so many benefits for all sorts of fitness goals. Our recent guide on what women can expect after a month of weight lifting, illustrates that women are more likely to develop very lean and toned physiques from weight lifting than they are developing a
bulky physique. The weight of the dumbbells is going to be the defining factor in how challenging each exercise is. If you are a beginner, we would recommend simply going through the motions without any weight so that your body gets used to each movement. Once you are comfortable, you can include very light dumbbells and slowly increase the
yourself a rack of dumbbells of varying weights. Eccentric Movements f you only have access to light dumbbells, focus on eccentric training (slowly lowering the dumbbells). This will increase the difficulty as your muscles are under tension for longer. Try to keep in the recommended range of repetitions. For example, in the workout plan, if it says do
between 6-12 repetitions, this should help guide you on what weight dumbbells to use. If youre struggling to do more than 3 repetitions with ease, the dumbbells are probably too light. 12 weeks is more than enough time to start seeing some substantial
differences in your physique and overall strength. The best approach to fitness is to follow a long-term plan, but a 12 week workout plan can help you regain that fitness you might have lost. Yes, you can absolutely build muscles using dumbbells only. Dumbbells will create resistance during movements which
will activate your muscles and help them develop and grow. Dumbbell variations of many popular exercises will also offer additional benefits around balance and stability because you have to lift each dumbbell up separately. This also helps avoid one side of your body overcompensating for the other. Its very easy to simply pick up a pair of dumbbells
and start doing bicep curls or an dumbbell overhead squat, but to really achieve your fitness goals, its always recommended to follow a more well-round physique and muscular development. After you complete this 12 week dumbbell workout plan you
may simply want to do it again and continue to opt for heavier weights or more repetitions during each workout. Or similarly, you may decide to take a few weeks or months off from this style of training and opt to include some barbell work or something completely different like bodyweight or calisthenic workouts (our quide on the best calisthenic
chest workout is worth looking at). If you want extra support, you may want to consider getting a personal training Program Cost? You could also stop off at GS-II.com and keep motivation
high with a custom medal once youve finished your first 12 weeks. Robert Turp Robert Turp is the Founder and Senior Editor at Fitness Drum. He is a CPT (Certified Personal Trainer) and Strength and Conditioning Coach, with over a decade of experience in digital publishing and media. He oversees all content production on the website and the
trends newsletter. Away from his desk, he enjoys hiking, wild swimming and a PPL split. Related Articles Best CrossFit Exercises and Workout Shoulder and Bicep Workout Flan (PDF) is all anyone needs to start making serious progress in their entire body
today.1Utilizing the 10 exercises proven best by both personal trainers and exercise physiologists, these workouts will encourage balanced, sustainable muscle growth for beginners and exercise can help people maintain or reach a healthy weight, build muscle tone, and combat
chronic diseases. This plan includes both 4 day and 5 day options to accommodate everyones schedules. In addition, lifters will learn how to adapt this program into a home workout plan, how to get the most out of the exercise EquipmentEspecially
when compared to many other types of exercise equipment, dumbbells are affordable, portable, and simple to use. They dont take up very much space, so theyre a great addition to home gyms. Plus, when compared to some barbell movements like bench, dumbbells encourage greater range of motion in the dumbbell press and others, which helps
lifters develop powerful and injury-proof joints. That being said, anyone interested in getting stronger in a greater range of motion should include dumbbells in their workout regimen. Plus dumbbells in the plus du
shows that standing overhead dumbbell shoulder presses encourage more muscular engagement than barbell and seated variations of the same exercise. 3The 12 week dumbbell training today! How To Get the Most Out of This 12 Week Dumbbell
Workout Plan PDFThese six how-to tips will help you maximize the following 4 or 5 day dumbbell workout program. With education and practice, everyone can learn how to increase their strength while avoiding injuries, burnout, or boredom. All types of weight lifting can lead to results, but only if implemented with care. 4Get the Right EquipmentStart
by choosing the best dumbbells. For people who work out in a gym, choices are limited by the equipment the gym offers. While gym shopping, look for a location with multiple dumbbell exercise regimen at home (PDF)
below, invest in a dumbbell tower or adjustable dumbbells. Both choices have their pros and cons. While reading the exercise descriptions below, take note of the recommended weights for reference while equipment shopping. And remember that as you get stronger, you can always purchase heavier dumbbells! Select the Right Weights During Your
12 Week Dumbbell Workout Plan (PDF) for a Full Body TransformationWeight selection for individual exercises trips up many beginner lifters. With variables like reps, sets, history of injury, and even mood, its hard to figure out how to find the sweet spot between challenging and unsafe. With practice, however, everyone can develop a feel for this
sweet spot. For beginner lifters, start with the weights recommended in the exercise descriptions below. Keep careful notes after each workout and work towards heavier weights in every session. Barring injury or other special circumstances, the goal is always to lift more next month! With data collected from a few workouts, use a One Rep Max
Calculator to determine 1RM for each exercise in this program. Then follow the percentage guidelines throughout the rest of the program. As a general rule of thumb, when performing 6-8 reps, aim for 6080% of the 1RM. Keep in mind that one rep maxes should shift and improve as time passes
Use standardized strength quidelines to determine your strength level and to evaluate whether curling 40-pound dumbbells is a good benchmark. Another concept to help gauge a good starting weight is RiR or reps in reserve. In short, you typically want to have an RiR or 1-3 and sometimes up to 4 depending on a few favors. You can read more about
RiR vs RPE here. Warm-Up Properly Many injuries could be prevented with a simple warm-up. Dont overcomplicate this. Hop on a cardio machine for 10 minutes at most. Furthermore, begin
with or less of your starting weight for the warm up set. Then do a second warm up set with about the weight, a third with dumbbells can be more challenging than bodyweight or weight machine exercises. Dumbbells require greater activation in the
nervous system and stabilizing muscles. 5This leads to enhanced core strength and greater fitness gains, but it can also increase the risk of injury. Watch exercise videos, read the instructions written below carefully, and consider asking a personal trainer or experienced lifter for suggestions. Theres always room for improvement in exercise form, and
cultivating a humble and curious attitude goes a long way! Becoming too narrow-minded is one of 8 deadly training sins. Implement Deload Weeks Every 4-8 weeks, depending on recovery and stress levels, take a week off from intense workouts. This is the concept of a deload week in a nutshell. The body cant handle continuously increasing levels of
intensity. During a deload week, lifters can still train, but focus on form and reduce weight to 50-60% of the weights lifted in the previous workout. Try to make time for yoga, meditation, time in nature, and extra sleep. Deload weeks are non-negotiable for this 12 week dumbbell workout plan (PDF). Follow a Smart DietDo your best not to squander
your hard efforts in the gym with consistent junk food because the results will be subpar. Aim for 1 gram of high-quality protein per pound of bodyweight), prioritize whole food micronutrient sources like fruits and vegetables, and focus on healthy fats. Most people benefit from tracking their nutrition as well, whether by counting
calories or macros or keeping a food journal. Read about the two most popular calorie counting apps here: Lose It vs. MyFitnessPal.Whether youre eating in a surplus of calories (bulking), a deficit (cutting), or eating maintenance calories, both of these apps can help you achieve the physique you dream of.Master These Workout Tips for Continuous
ImprovementTheres countless concepts when looking to gain muscle, tone, or even lose weight, but these three can supercharge your gains and make your efforts more worthwhile. Mind Muscle Connection: This is essentially how well you can feel a muscle. The next time you perform an exercise, focus on the target muscle, put your hand on it, and
work on firing that muscle primarily. For example, try a dumbbell bicep curl, and hold your bicep with the opposite hand as you perform the movement. Progressive Overload: This means to increase the intensity, amount of weight, number of sets week over week. So on week 1 of a program you might be curling 15 lbs. for 3 sets and
on week 4 you might be curling 15 lbs. for 4 sets.On the other hand, maybe you are still doing 3 sets in week 4, but youve increased the weight, or intensity every single workout. Just over the course of weeks.Controlled Eccentrics: Slowed and controlled eccentrics
make a movement that much more stimulating. Eccentric essentially means lowering the weight down. So if you do a dumbbell curl and flex your bicep once the weight is close to your shoulder, now lower it slowly as you straighten your arm. It doesnt have to be super slow, but it should be controlled. Some athletes even do tempo reps where they do
the concentric (flexing) for 1-2 seconds, and the eccentric for 3-4 seconds. Have a Busy Schedule? Try This Dumbbell training plan as prescribed, here are a few ways to get the benefits of dumbbell training (including increased testosterone levels!)
with limited time.6Try a Dumbbell Circuit RoutineDo the workout. Keep in mind that anyone who wants to prioritize strength gains and the development of lean muscle mass should follow the workouts as written below.
Circuit style is best for people who need a quick alternative in lieu of doing nothing. In a superset, lifters should still prioritize adequate rest between exercises to ensure that theyre not sacrificing
intensity for the sake of speed. This option can be a great beginner dumbbell workout. Learn more about the best rep ranges for mass, hypertrophy, and strength here. Lifters can pair antagonist muscles are trained together. Antagonist supersets
allow lifters to utilize a higher working load and let muscles recover in between exercises. However, synergist supersets are great for a huge pump and they can be a great tool to push through plateaus. The 10 Exercises That Set This Dumbbell Workout Plan Apart From the RestWhile dumbbells are undoubtedly awesome, theyre useless without
appropriate exercise selection. This list covers both targeted and full body dumbbell exercise options, but the best dumbbell workout plan focuses on compound movements to maximize calorie burn and muscle gains. Remember too that small tweaks, like changing the rotation of the arms in pressing movements, can change which muscles are
activated. Tuse this list to learn more about form, then utilize the following 12-week dumbbell workout plan PDF for a complete body transformation! #1: Dumbbell Chest Press allows lifters to create a larger range of motion at the shoulder joints compared to
other variations, leading to enhanced muscular development. For beginner lifters, men should start with two 35 pound dumbbells. Source: madproduction via Canva.com8For this exercise, aim for 3 sets of 6-12 reps. Use a flat or incline bench and angle the elbows out at a 45 degree angle while
lowering the dumbbells as close to the armpits as possible. Press the weights straight up until the dumbbell Single Arm RowThis dynamic back exercise also strengthens the core and helps correct muscle imbalances. Its easy to do with bad form,
however, so follow these instructions closely. Source: Slatan via Canva.com9Aim for 3 sets of 8-12 reps. Men should start with one 35 pound dumbbell and women should start with one 35 pound dumbbell and women should start with one 37.5 pound dumbbell and women should start with one 37.5 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with one 38.0 pound dumbbell and women should start with
in the left hand with the arm extended. Keep the hips and shoulders parallel to the floor throughout the exercise. Row the left wrist toward the left hip, driving the elbow to the ceiling. Return to the starting position to complete one rep. #3: Dumbbell Goblet SquatGoblet squats are a powerful compound exercise that stimulates the central nervous
system, improves posture, and builds bullet-proof quads. This is a beginner-friendly variation on the front squat that yields many of the same benefits as the barbell version. Source: NoSystem images via Canva.com10It can also help promote weight loss in as few as 12 weeks!11 Aim for 3 sets of 8-15 reps. Men should start with one 30 pound dumbbell
and women should start with one 20 pound dumbbell. Brace the end of a dumbbell against the sternum, holding the top of the weight like a goblet. Stand with feet hip distance apart and toes slightly turned out, in the direction of
the toes. Press through the heels to return to stand, unhinging at the hips and unbending the knees at the same rate. #4: Dumbbell Romanian Deadlift variation, the knees remain mostly straight. Source: Oskanov via Canva.com 12 This
exercise targets the hamstring and glutes and can help alleviate low back pain when performed correctly. Aim for 3 sets of 8-12 reps. Men should start with two 25 pound dumbbells and hip distance apart, hold the dumbbells and skim them down the legs as the hips hinge and the
butt moves backward. Keep the spine and neck in one straight, neutral line. Stop when the dumbbells are just above or below the knees, depending on flexibility. The knees should maintain a slight bend throughout. Resist the urge to shrug the shoulders at the
end of the movement. #5: Dumbbell Walking Lunges Dumbbell walking lunges improve balance, knee strength, and even hip flexibility! This is why theyre an important part of the dumbbell workout chart with bodyweight only and
progress to dumbbells from there. Aim for 2-3 sets of 8-20 reps per leg. Men should start with two 17.5 pound dumbbells at sides with shoulders as relaxed as possible, step forward and bend both knees to 90 degrees. Push off of the back foot to step forward so the feet are
together again. Stride forward with the opposite leg and repeat the process. Keep the torso upright throughout and track the front knee in the legs with exercises like lunges can lead to temporary inflammation and a slightly fuller look, which might explain
the appearance a bit fatter after working out. This should go away after a day or two.#6: Dumbbell Step-UpsSingle-leg exercises like step-ups can help correct muscle imbalances and improve balance and stability. Start with bodyweight for this exercise and progress to dumbbells. Source: photology 2000 via Canva.com 14 If your etrying to build a
stronger booty, research shows that a crossover step-up variation can increase glute activation. 15 Aim for 2-3 sets of 10-15 reps. Men should start with two 15 pound dumbbells and women should start with two 15 pound dumbbells and women should start with two 15 pound dumbbells and start with two 15 pound dumbbells and women should start with two 15 pound dumbbells.
hinge forward slightly at the hips, and press to stand. The strength of the movement should come from pressing into the box. Tap the other foot on the box to stabilize, and then return to starting position by lowering with control. Repeat all reps on one side, then switch legs. #7: Dumbbell Single-Leg Hip ThrustsThis is one of the
best dumbbell exercises for the glutes. It takes practice to perfect, but its worth it! Source: avdeev007 via Canva.com16Start with a 20 pound dumbbell sart with a 20 pound dumbbell. Sit with the upper back resting against a firm
box or bench thats approximately knee height. Position a dumbbell in the lap across the hip bones, and hold it in place throughout the exercise. Plant the feet hip distance apart and extend hips toward the ceiling. In this position, the upper back is resting on the bench and the knees stack over the ankles. From here, lift one foot. Keep it lifted as the
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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 presses on a weekly basis. Experiment with single-arm, neutral grip, and seesaw variations to keep things interesting. Source: FatCamera via Canva.com17Men should start with two 15 pound 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 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 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 of the body. Press back into a plank, keeping the body. Press back into a plank int 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 12 Single-arm row: 3 x 10 each armGoblet squat: 3 x 15 Romanian deadlift: 3 x 12 Alternating plank shoulder taps: 3 x 50 Front 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 4MRAPDumbbell bent-over row: 3 x 10 each armGoblet squat: 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 40 each armGoblet squat: 3 x 15 Romanian deadlift: 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 40 each armGoblet squat: 3 x 10 each armGoblet square. 4 x 10 each 12Alternating walking lunges: 3 x 20Single-leg dumbbell hip thrust: 3 x 15 each legSide plank hip dips: 3 x 12 each sideDoptional Day 5 WorkoutSingle arm chest press: 3 x 10 each sideBanded lat pull-downs: 3 x 20Step-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 flyes: 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 50 Bicycle crunches: 3 x 60 Bicycle crunches: 3 x 50 Bicycle crunches: 3 x 60 Bicycle crunches: 3 x 50 Bicycle crunche lunges: 3 x 16Single-leg dumbbell hip thrust: 3 x 10 each legSide plank hip dips: 3 x 20 each sidePull-ups: 3 x 15 each sidePull-ups: 3 x 10 each legStanding banded glute kickbacks: 3 x 20 each legStability ball plank: 3 x 45 secondsV-ups: 3 x 15Dumbbell pec flyes: 3 x 15Dumbb each legSuperset 3:Single-arm row: 3 x 10 each armOverhead shoulder press: 3 x 10 Each armOverhead shoulder press: 3 x 10 Each leg)Workout 2 (Days 2 and 4)Superset 1:Push-ups or dumbbell deficit push-ups: 3 x AMRAPDumbbell bentover row: 3 x 10Superset 2:Alternating walking lunges: 3 x 20Romanian deadlifts: 3 x 10Superset 3:Lateral raises: 3 x 10Superset 4:Side plank hip dips: 3 x 20 each side)Optional Day 5 WorkoutSuperset 1:Single arm chest press: 3 x 20 each side plank hip dips: 3 x 20 each side)Optional Day 5 WorkoutSuperset 1:Single arm chest press: 3 x 20 each side)Optional Day 5 WorkoutSuperset 3:Lateral raises: 3 x 10Superset 3:Lateral raise 10 each sideBanded lat pull-downs: 3 x 20 Superset 2:Dumbbell wall sit: 3 x 45 seconds Plank: 3 x 45 seconds P 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; youll 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 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 point them in the direction of this dumbbell workout plan. Following this plan means you wont have to question What should my workout look like tomorrow? or for many, many days after that. I got ya covered for the next THREE MONTHS. As a bonus, Ive 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, youll 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 wont 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, youll 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 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 wont be able to effectively apply this principle to your muscles if you just use the same weight for all 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. Youll 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 or B.) 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 body to workout plan looks like this: Upper/lower split. 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Heres something I want to point out about choosing your workout schedule: Pick an 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 your e 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 doesn't 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 absolustely 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, youll 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 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, relaaaaax. 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 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 days or 4 days a week) and stick to it. Skipping around and only doing the exercises you like or following the 3 days or 4 days a week) and stick to it. Skipping around and only doing the exercises you like or following the 3 days or 4 days a week) and stick to it. Skipping around and only doing the exercises you like or following the 3 days or 4 days a week) and stick to it. Skipping around and only doing the exercises you like or following the 3 days or 4 days a week) and stick to it. Skipping around and only doing the exercises you like or following the 3 days or 4 days a week) and stick to it. Skipping around and only doing the exercises you like or following the 3 days or 4 days a week) and stick to it. Skipping around and only doing the exercises you like or following the 3 days or 4 days a week) and stick to it. 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 youre 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 don't 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 body Tuesday upper body Thursdaylower body Thurs bodyFridayupper body Can 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 weights to get stronger and build muscle. Yeah, that lhelp 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 mindset and mental health. workouts and focus more on all the positive additions lifting 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 squeeeezing 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 bullseye. 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, when youre fere! 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. Your generated images will be more polished thanever. See What's NewExplore how consumers want to see climate stories told today, and what that means for your usage rights questions. Our original video podcast covers it allnow ondemand. 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