

Twelve Week Workout Plan

Week	day 1	day 2	day 3	day 4	day 5	day 6	day 7
one	walk 30 min	upper body	walk 30 min	lower body	walk 40 min	upper body	rest
two	walk 30 min	lower body	walk 30 min	upper body	walk 40 min	lower body	rest
three	walk 35 min	upper body	walk 35 min	lower body	walk 45 min	upper body	rest
four	walk 35 min	lower body	walk 35 min	upper body	walk 45 min	lower body	rest
five	walk 40 min	upper body	walk 40 min	lower body	walk 50 min	upper body	rest
six	walk 45 min	lower body	walk 45 min	upper body	walk 55 min	lower body	rest
seven	walk 50 min	upper body	walk 50 min	lower body	walk 60 min	upper body	rest
eight	walk 55 min	lower body	walk 55 min	upper body	walk 65 min	lower body	rest
nine	walk 60 min	upper body	walk 60 min	lower body	walk 70 min	upper body	rest
ten	walk 65 min	lower body	walk 65 min	upper body	walk 75 min	lower body	rest
eleven	walk 70 min	upper body	walk 70 min	lower body	walk 80 min	upper body	rest
twelve	walk 75 min	lower body	walk 75 min	upper body	walk 85 min	lower body	rest

Disclaimer - the information provided in this workout is for educational and informational purposes only and not intended as medical advice. Please consult with a physician or qualified healthcare provider before starting any exercise program. By using this sample workout plan, you acknowledge and agree to assume full responsibility for your health and safety.

Upper Body Workout Routine	Lower Body Workout Routine
Chest: Dumbbell Bench Press (3 sets of 10-12)	Quads: Goblet Squats (3 sets of 10-12)
Back: Bent-Over Rows (3 sets of 10-12)	Glutes: Hip Thrusts (3 sets of 10-12)
Shoulders: Shoulder Press (3 sets of 8-10)	Hamstrings: Romanian Deadlifts (3 sets of 8-10)
Arms: Bicep Curl (3 sets of 10-12)	Calves: Standing Calf Raises (3 sets of 15-20)
Arms: Tricep Kickbacks (3 sets of 10-12)	Inner/Outer Thighs: Sumo Squats (3 sets of 10-12)
Core: Russian Twists (3 sets of 20 twists)	Core/Balance: Single-Leg Romanian Deadlifts (3 sets of 8-10 per leg)



Exercise Examples

UPPER BODY

Chest

1. Dumbbell Bench Press

- Muscles worked: Chest, triceps, shoulders
- How to do it: Lie on a bench (or the floor if no bench is available). Hold dumbbells above your chest with palms facing forward. Lower the dumbbells to chest level, then press back up.

2. Dumbbell Fly

- Muscles worked: Chest, shoulders
- How to do it: Lie on a bench or floor. Hold dumbbells above your chest with palms facing each other. Lower arms out to the sides until you feel a stretch in your chest, then return to the starting position.

Back

1. Dumbbell Bent-Over Rows

- Muscles worked: Lats, traps, rhomboids, rear deltoids, biceps
- How to do it: Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend forward at the hips, keeping your back straight. Pull the dumbbells toward your waist, squeezing your shoulder blades together, then lower back down.

2. Renegade Rows

- Muscles worked: Lats, traps, rear deltoids, biceps, core
- How to do it: Start in a push-up position with a dumbbell in each hand on the floor. Row one dumbbell to your waist while keeping your body stable, then lower it back down and repeat on the other side.

Arms

1. Dumbbell Bicep Curl

- Muscles worked: Biceps
- How to do it: Stand holding dumbbells with palms facing forward. Curl the dumbbells up toward your shoulders, squeezing your biceps, then lower back down.

2. Dumbbell Hammer Curl

- Muscles worked: Biceps, brachialis
- How to do it: Similar to a standard bicep curl, but hold the dumbbells with palms facing each other.

3. Dumbbell Tricep Kickback

- Muscles worked: Triceps
- How to do it: Bend forward at the hips with a dumbbell in each hand. Keep your elbows close to your body. Extend your arms straight back, then return to the starting position.

4. Dumbbell Overhead Tricep Extension

- Muscles worked: Triceps
- How to do it: Hold one dumbbell with both hands and lift it overhead. Lower the dumbbell behind your head, keeping your elbows close to your ears, then press it back up.

Shoulders

1. Dumbbell Shoulder Press

- Muscles worked: Front delts, side delts, triceps
- How to do it: Sit or stand holding dumbbells at shoulder height with palms facing forward. Press the dumbbells overhead until your arms are fully extended, then lower back down.

2. Dumbbell Lateral Raise

- Muscles worked: Side delts
- How to do it: Stand holding dumbbells at your sides with palms facing in. Raise your arms out to the sides until they're at shoulder height, then slowly lower back down.

3. Dumbbell Front Raise

- Muscles worked: Front delts
- How to do it: Hold dumbbells in front of your thighs with palms facing your body. Raise one or both dumbbells to shoulder height, then lower back down.

Core

1. Dumbbell Russian Twists

- Muscles worked: Obliques, core
- How to do it: Sit on the floor holding one dumbbell with both hands. Lean back slightly and lift your feet off the ground. Twist your torso, moving the dumbbell from one side of your body to the other.

2. Dumbbell Plank Rows

- Muscles worked: Core, lats, traps
- How to do it: Get into a plank position with a dumbbell in each hand. Row one dumbbell at a time to your waist while keeping your core engaged and body stable.

LOWER BODY

Quads (Front Thighs)

1. Dumbbell Goblet Squat

- Muscles worked: Quads, glutes, core
- How to do it: Hold a dumbbell vertically in front of your chest with both hands. Stand with feet shoulder-width apart. Lower into a squat by bending your knees and pushing your hips back, keeping your chest upright. Return to standing.

2. Dumbbell Bulgarian Split Squat

- Muscles worked: Quads, glutes, hamstrings, core
- How to do it: Stand a few feet in front of a bench or sturdy surface. Place one foot on the bench behind you, holding a dumbbell in each hand. Lower your back knee toward the ground, keeping your front knee over your toes. Push back up to standing.

Calves

1. Dumbbell Standing Calf Raise

- Muscles worked: Calves
- How to do it: Hold a dumbbell in each hand at your sides. Stand with your feet hip-width apart. Raise your heels off the ground as high as possible, then slowly lower back down.

2. Dumbbell Seated Calf Raise

- Muscles worked: Calves
- How to do it: Sit on a bench or chair with a dumbbell resting on your thighs. Raise your heels off the ground, squeezing your calves, then lower back down.

Glutes (Buttocks)

1. Dumbbell Hip Thrust

- Muscles worked: Glutes, hamstrings, core
- How to do it: Sit on the ground with your upper back supported on a bench. Place a dumbbell across your hips. With feet flat on the floor, thrust your hips upward until your body forms a straight line from shoulders to knees. Lower back down.

2. Dumbbell Step-Ups

- Muscles worked: Glutes, quads, hamstrings
- How to do it: Hold a dumbbell in each hand and stand in front of a sturdy step or bench. Step up with one foot, driving through your heel to stand fully on the step. Step back down and repeat on the other leg.

Hamstrings (Back Thighs)

1. Dumbbell Romanian Deadlift

- Muscles worked: Hamstrings, glutes, lower back
- How to do it: Stand with feet shoulder-width apart, holding dumbbells in front of your thighs with palms facing your body. Keeping your back straight and knees slightly bent, hinge at your hips to lower the dumbbells down your legs until you feel a stretch in your hamstrings. Return to standing by driving through your hips.

2. Dumbbell Single-Leg Romanian Deadlift

- Muscles worked: Hamstrings, glutes, core (balance)
- How to do it: Hold a dumbbell in one hand and balance on the opposite leg. Hinge at the hips and lower the dumbbell toward the floor while extending the free leg behind you. Return to standing while keeping your core tight. Alternate legs.

Inner & Outer Thighs

1. Dumbbell Sumo Squat

- Muscles worked: Inner thighs, glutes, quads
- How to do it: Stand with feet wider than shoulder-width apart and toes pointed out. Hold a dumbbell vertically with both hands in front of your chest. Lower into a squat by bending your knees and pushing your hips back. Return to standing.

2. Dumbbell Side Lunge

- Muscles worked: Inner thighs, glutes, quads
- How to do it: Hold a dumbbell in each hand at your sides. Take a large step to the side, bending the knee of the stepping leg while keeping the other leg straight. Push back to the starting position and repeat on the other side.

Core & Stability (Bonus for Lower Body)

1. Dumbbell Farmers Walk

- Muscles worked: Core, grip, legs (stabilizers)
- How to do it: Hold a dumbbell in each hand and stand tall. Walk forward while keeping your core tight and shoulders back.

2. Dumbbell Suitcase Carry

- Muscles worked: Core, obliques, legs
- How to do it: Hold a dumbbell in one hand at your side. Walk forward, keeping your body upright and resisting the weight pulling you to one side. Switch sides after a set distance.