BROOKLYN active mama

4-WEEK DUMBBELL PROGRESSION

When to go up in weight · 3 workouts a week

WEEK 1
Learn the moves

Sets × reps: 2 × 10–12

Weight: Find your start: last 2 reps tough, form clean

Rest: 90 sec

WEEK 2
Build volume

Sets × reps: 3 × 10–12

Weight: Same as week 1

Rest: 60–90 sec

WEEK 3
First bump

Sets × reps: 3 × 10–12

Weight: Passed the go-up test? Add weight

Rest: 60–90 sec

WEEK 4
Own the new weight

Sets × reps: 3 × 8–12

Weight: Stay until 12 clean reps, then test again

Rest: 60–90 sec

THE GO-UP TEST

- ○ I finished **every set at 12 reps**
- ○ My **form held** on the last rep
- ○ I did it **two workouts in a row**

All three? Go up next workout. **Any no?** Stay put. That isn't failing; that's the plan working.

HOW MUCH TO ADD

Upper body (press, row, curl, raise): **+2–3 lb**, or the next dumbbell up

Lower body (squat, deadlift, lunge, bridge): **+5 lb**

After a bump, reps often drop to 8–10. Normal. Build back to 12, then test again.

MY WEIGHT CHART · write the weight you used each week, circle it when you went up

EXERCISE	COMMON START	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Goblet squat	10–20 lb	lb	lb	lb	lb
Romanian deadlift	10–15 lb each	lb	lb	lb	lb
Glute bridge	10–20 lb	lb	lb	lb	lb
Chest / floor press	8–12 lb each	lb	lb	lb	lb
Bent-over row	8–12 lb each	lb	lb	lb	lb
Shoulder press	5–10 lb each	lb	lb	lb	lb
Biceps curl	5–10 lb each	lb	lb	lb	lb

"Common start" is a typical beginner range, not a rule. Start lighter if you need to; nobody is grading you. Dumbbell pairs: weight is per hand.

Sharp pain (not effort) means stop. New to exercise, pregnant, postpartum, or managing an injury? Check with your doctor first.