

**12-WEEK
WORKOUT
PLAN.epub**



12-WEEK WORKOUT PLAN



12-WEEK WORKOUT PLAN

12-Week

Between each set in our workouts you'll see "Cardio 1 minute." As explained above, you should do some form of cardio for 1 minute in between your sets.

This could be the treadmill, stationary bike, jumping rope, bench step-ups, or whatever keeps your heart rate elevated for 1 minute and is convenient Workout Plan

enough to get to between your sets. For example, refer to Week 1, Workout 1 in this book. Here you'd start off doing set 1 of lunges for 12 reps (each leg), and then go immediately to 1 minute of cardio, such as jacks ... then Exercise doesn't need to be long, and it should never be boring. It just needs go immediately back to lunges for set 2 (again, both legs), then 1 minute of to be effective at producing the results YOU want, and efficient enough to cardio ... and then on to set 1 of your back exercise, and so on.

fit into your busy schedule. As I'm sure you've seen by our success stories, the effectiveness of our workouts have never been in question. They produce Important note: as you review the workouts in this book, notice how we didn't awesome results - period.

include "Cardio 1 minute" in between the exercises for biceps, triceps, and abdominals. This is because we use a technique called "super-setting," which But it's important that you realize just how time-efficient our workouts are combines two exercises back to back without rest (or cardio) in between them.

as well. After all, you won't get any results if you don't have the time to This not only increases the intensity, it saves time as well. For all other muscle do it. So, we've come up with a way of integrating calorie-burning cardio groups that don't use this technique, you'll see that the Set Sequence is "1"

into resistance training ("weightlifting") for one super-effective, time-efficient for the first set of a particular exercise, and then "2" for the next exercise. This workout that can be done in as little as 20 minutes! We call this the "E2

simply means that you do the first set, then go straight to cardio for 1 minute, method" because it's DOUBLE the Effectiveness and DOUBLE the Efficiency.

and then back to the second set. But for the bicep, tricep, and abdominal exercises, the Set Sequence is "1" for both because there is no cardio in Normally, between weightlifting sets you rest, get a drink of water, get between the two sets. That is, it's just one big set (or "super-set") of two caught talking with the local gym rat, etc, right? Why not use this time exercises - back to back.

more efficiently and complete your cardio routine too! Instead of wasting time between sets, keep your heart rate up by doing one minute of cardio.

The 12-week workout plan in this book is designed for a beginner/
For example, you just finished a set of lunges and your heart is pounding.

intermediate fitness level at 3 days per week. If you'd like a routine that is Instead of letting your heart rate go back down before your next set, do custom-tailored to the equipment you have available, your schedule, fitness a minute of cardio ... and then go right back to the next set of lunges (or level, etc, please e-mail us at

info@fasttracktofatloss.com and we'll reply with whatever your next exercise is).

options that may be better suited for you. If you signed up for your own Fast Track Personal Trainer, be sure to ask them for help. They are 100% committed This way, your heart rate stays elevated the entire workout - both when to your success and will absolutely make sure you're implementing a workout lifting, and in between your sets. By the time you've completed your routine that is perfect for YOU.

weightlifting routine, you've done a full session of cardio as well. Plus, this keeps your metabolism revved up longer, making your body more efficient at Whether you follow this workout plan exactly, or have one custom-tailored for burning fat around the clock. That's double the effectiveness and efficiency you, be sure to use the "E2 method" explained above and look forward to the for better results in less time - that's what Fast Track to Fat Loss is all about!

time-savings and the results!

On the following pages you'll find a 12-week workout routine that you can do in the comfort and privacy of your own home with your own bodyweight, dumbbells, resistance bands, and a stability ball. If you don't have all of these, or you'd prefer to workout at a gym, that's fine. Every exercise in our workouts include a list of alternate exercises that you could do instead (refer Chad Tackett to the Exercise Instructions book).









12-WEEK WORKOUT PLAN

Week 1

Workouts

12-WEEK WORKOUT PLAN

Week 1

WoRkout 1

LEgS & Butt

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

LUNGES (RB)

1

12

BENT OVER LATERAL RAISE (RB) 1

12

Cardio 1 minute

Cardio 1 minute

LUNGES (RB)

2

12

BENT OVER LATERAL RAISE (RB) 2

12

Cardio 1 minute

Cardio 1 minute

BaCk

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

ONE ARM ROW (DB)

1

12

LYING TRICEP EXTENSION (DB)

1

12

Cardio 1 minute

TRICEP PUSHDOWN (RB)

1

12

ONE ARM ROW (DB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

ChESt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

HAMMER CURLS (DB)

1

12

CHEST PRESS (RB)

1

12

BICEP CURL (DB)

1

12

Cardio 1 minute

Cardio 1 minute

CHEST PRESS (RB)

2

12

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 1

WoRkout 2

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BACK EXTENSIONS (BA)

1

12

LEG PRESS (RB)

1

12

Cardio 1 minute

Cardio 1 minute

BACK EXTENSIONS (BA)

2

12

LEG PRESS (RB)

2

12

Cardio 1 minute

Cardio 1 minute

ChESt

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

CROSS-OVERS (RB)

1

12

KNEELING CRUNCH (RB)

1

12

Cardio 1 minute

LYING LEG LIFTS (BW)

1

12

CROSS-OVERS (RB)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

12

UPRIGHT ROW (RB)

1

12

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

12

UPRIGHT ROW (RB)

2

12

Cardio 1 minute

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 1

WoRkout 3

ChESt

BaCk

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

CHEST BUTTERFLY (RB)

1 12

LAT PUSHDOWN STRAIGHT (RB) 1

12

Cardio 1 minute

Cardio 1 minute

CHEST BUTTERFLY (RB))

2 12

LAT PUSHDOWN STRAIGHT (RB) 2

12

Cardio 1 minute

Cardio 1 minute

ShouLdERS

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

ARNOLD PRESS (DB)

1

12

OVERHEAD TRICEP EXTENSION (DB) 1

12

Cardio 1 minute

TRICEP BENCH DIPS (BW)

1

12

ARNOLD PRESS (DB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

LEg & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BICEP CURL HEIGHT (RB)

1

12

LUNGES (DB)

1

12

HAMMER CURLS (RB)

1 12

Cardio 1 minute

Cardio 1 minute

LUNGES (DB)

2

12

Cardio 1 minute









12-WEEK WORKOUT PLAN

Week 2

Workouts

12-WEEK WORKOUT PLAN

Week 2

WoRkout 1

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BENT-OVER ROWS (RB)

1

12

FRONT LUNGES (BW)

1

12

Cardio 1 minute

Cardio 1 minute

BENT-OVER ROWS (RB)

2

12

FRONT LUNGES (BW)

2

12

Cardio 1 minute

Cardio 1 minute

ChEst

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BENCH PRESS (RB)

1

12

CRUNCHES (BW)

1

12

Cardio 1 minute

OBLIQUE CRUNCHES (BW)

1

12

BENCH PRESS (RB)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

12

BENT OVER LATERAL RAISE (DB) 1

12

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

12

BENT OVER LATERAL RAISE (DB) 2

12

Cardio 1 minute

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 2

WoRkout 2

LEgS & Butt

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

LUNGES (RB)

1

12

SHOULDER FLY REAR (RB)

1

12

Cardio 1 minute

Cardio 1 minute

LUNGES (RB)

2

12

SHOULDER FLY REAR (RB)

2

12

Cardio 1 minute

Cardio 1 minute

BaCk

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

LAT PUSHDOWN STRAIGHT (RB)

1

12

LYING TRICEP EXTENSION (RB)

1

12

Cardio 1 minute

OVERHEAD TRICEP EXTENSION (RB) 1

12

LAT PUSHDOWN STRAIGHT (RB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

ChEst

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

HAMMER CURLS (DB)

1

12

DECLINE PUSH-UPS (BW)

1

12

BICEP CURL (RB)

1

12

Cardio 1 minute

Cardio 1 minute

DECLINE PUSH-UPS (BW)

2

12

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 2

WoRkout 3

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

SEATED CLOSE-GRIP ROW (RB)

1

12

SQUATS (DB)

1

12

Cardio 1 minute

Cardio 1 minute

SEATED CLOSE-GRIP ROW (RB)

2

12

SQUATS (DB)

2

12

Cardio 1 minute

Cardio 1 minute

ChEst

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

INCLINE BENCH PRESS (DB)

1

12

ABS TWIST (RB)

1

10

Cardio 1 minute

JACKKNIFE WITH BALL (BW)

1

12

INCLINE BENCH PRESS (DB)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

10

SHOULDER PRESS W/BALL (RB)

1

12

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

12

SHOULDER PRESS W/BALL (RB)

2

12

Cardio 1 minute

Cardio 1 minute









12-WEEK WORKOUT PLAN

Week 3

Workouts

12-WEEK WORKOUT PLAN

Week 3

WoRkout 1

LEgS & Butt

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

LUNGES W/KNEE RAISE (BW)

1

10

UPRIGHT ROW (RB)

1

10

Cardio 1 minute

Cardio 1 minute

LUNGES W/KNEE RAISE (BW)

2

12

UPRIGHT ROW (RB)

2

12

Cardio 1 minute

Cardio 1 minute

BaCk

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

DEADLIFT (DB)

1

10

CLOSE-GRIP BENCH PRESS (RB)

1

10

Cardio 1 minute E

PULLOVER WITH BALL (BA)

1

12

DEADLIFT (DB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

ChEst

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BICEP CURL (DB)

1

10

BENT KNEE PUSH UPS (BW)

1

10

PREACHER CURL (DB)

1

12

Cardio 1 minute

Cardio 1 minute

BENT KNEE PUSH UPS (BW)

2

12

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 3

WoRkout 2

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

FRONT LAT. PULL-DOWN (RB)

1

10

WALKING LUNGES (BW)

1

10

Cardio 1 minute

Cardio 1 minute

FRONT LAT. PULL-DOWN (RB)

2

10

WALKING LUNGES (BW)

2

10

Cardio 1 minute

Cardio 1 minute

ChEst

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

INCLINE PUSH-UPS (BW)

1

10

CRUNCHES (BW)

1

10

Cardio 1 minute

ABS CYCLE (BW)

1

10

INCLINE PUSH-UPS (BW)

2

10

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

10

BENT OVER LATERAL RAISE (RB) 1

10

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

10

BENT OVER LATERAL RAISE (RB) 2

10

Cardio 1 minute

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 3

WoRkout 3

ChEst

BaCk

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BENCH PRESS (RB)

1

10

ONE ARM ROW (DB)

1

10

Cardio 1 minute

Cardio 1 minute

BENCH PRESS (RB)

2

12

ONE ARM ROW (DB)

2

10

Cardio 1 minute

Cardio 1 minute

ShouLdERS

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

SHOULDER FLY REAR (RB)

1

10

TRICEP EXTENSION (RB)

1

10

Cardio 1 minute

TRICEP DIPS (BA)

1

10

SHOULDER FLY REAR (RB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

HAMMER CURLS (DB)

1

10

REVERSE LUNGE (BW)

1

10

BICEP CURL HEIGHT (RB)

1

10

Cardio 1 minute

Cardio 1 minute

REVERSE LUNGE (BW)

2

10

Cardio 1 minute







12-WEEK WORKOUT PLAN

Week 4

Workouts

12-WEEK WORKOUT PLAN

Week 4

WoRkout 1

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

CLOSE-GRIP LAT. PULL-DOWN (RB) 1

10

BALL KNEE CRUNCHES (BW)

1

10

Cardio 1 minute

LEG RAISE CRUNCH (RB)

1

10

CLOSE-GRIP LAT. PULL-DOWN (RB) 2

12

Cardio 1 minute

Cardio 1 minute

adomInaLS

ChEst

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BALL KNEE CRUNCHES (BW)

1

10

DIAMOND PUSH-UPS (BW)

1

10

LEG RAISE CRUNCH (RB)

1

10

Cardio 1 minute

Cardio 1 minute

DIAMOND PUSH-UPS (BW)

2

12

Cardio 1 minute

CaLVES

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

ShouLdERS

STANDING CALF RAISES (DB)

1

10

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

Cardio 1 minute

UPRIGHT ROW (RB)

1

10

STANDING CALF RAISES (DB)

2

10

Cardio 1 minute

Cardio 1 minute

UPRIGHT ROW (RB)

2

10

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 4

WoRkout 2

LEgS & Butt

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

WALKING LUNGES (BW)

1

10

BENT OVER LATERAL RAISE (RB) 1

10

Cardio 1 minute

Cardio 1 minute

WALKING LUNGES (BW)

2

12

BENT OVER LATERAL RAISE (RB) 2

10

Cardio 1 minute

Cardio 1 minute

BaCk

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

SEATED WIDE-GRIP ROW (RB)

1

10

OVERHEAD TRICEP EXTENSION (DB) 1

10

Cardio 1 minute

LYING TRICEP EXTENSION (RB)

1

10

SEATED WIDE-GRIP ROW (RB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

ChEst

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

HAMMER CURLS (DB)

1

10

PUSH-UPS (BW)

1

10

BICEP CURL (RB)

1

10

Cardio 1 minute

Cardio 1 minute

PUSH-UPS (BW)

2

10

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 4

WoRkout 3

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BENT OVER LAT ROW (RB)

1

10

REVERSE LUNGE (BW)

1

10

Cardio 1 minute

Cardio 1 minute

BENT OVER LAT ROW (RB)

2

12

REVERSE LUNGE (BW)

2

10

Cardio 1 minute

Cardio 1 minute

ChEst

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

INCLINE BENCH PRESS (RB)

1

10

CRUNCHES (BW)

1

10

Cardio 1 minute

ABS WOODCHOP (RB)

1

10

INCLINE BENCH PRESS (RB)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

10

SHOULDER PRESS (RB)

1

10

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

10

SHOULDER PRESS (RB)

2

10

Cardio 1 minute

Cardio 1 minute







12-WEEK WORKOUT PLAN

Week 5

Workouts

12-WEEK WORKOUT PLAN

Week 5

WoRkout 1

LEgS & Butt

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

LUNGES (RB)

1

8

LATERAL RAISE (BA)

1

8

Cardio 1 minute

Cardio 1 minute

LUNGES (RB)

2

12

LATERAL RAISE (BA)

2

8

Cardio 1 minute

Cardio 1 minute

BaCk

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BENCH PULLOVER W/BALL (BA)

1

8

OVERHEAD TRICEP EXTENSION (BA) 1

8

Cardio 1 minute

TRICEP EXTENSION (RB)

1

8

BENCH PULLOVER W/BALL (BA)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

ChEst

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

PREACHER CURLS (RB)

1

8

BENCH PRESS (RB)

1

8

BICEP CURL (RB)

1

8

Cardio 1 minute

Cardio 1 minute

BENCH PRESS (RB)

2

8

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 5

WoRkout 2

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BENT OVER LAT ROW (RB)

1

8

REVERSE LUNGE (BW)

1

8

Cardio 1 minute

Cardio 1 minute

BENT OVER LAT ROW (RB)

2

12

REVERSE LUNGE (BW)

2

8

Cardio 1 minute

Cardio 1 minute

ChEst

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

INCLINE BENCH PRESS (RB)

1

8

CRUNCHES (BW)

1

8

Cardio 1 minute

ABS WOODCHOP (RB)

1

8

INCLINE BENCH PRESS (RB)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

8

SHOULDER PRESS (RB)

1

8

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

8

SHOULDER PRESS (RB)

2

8

Cardio 1 minute

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 5

WoRkout 3

ChEst

BaCk

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

PUSH-UPS (BA)

1

8

FRONT LAT. PULL-DOWN (RB)

1

8

Cardio 1 minute

Cardio 1 minute

PUSH-UPS (BA)

2

12

FRONT LAT. PULL-DOWN (RB)

2

8

Cardio 1 minute

Cardio 1 minute

ShouLdERS

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

FRONT SHOULDER RAISE (DB)

1

8

TRICEP PUSHDOWN (RB)

1

8

Cardio 1 minute

CLOSE-GRIP BENCH PRESS (RB)

1

8

FRONT SHOULDER RAISE (DB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BICEP CURL HEIGHT (RB)

1

8

LEG PRESS (RB)

1

8

BICEP CURL (RB)

1

8

Cardio 1 minute

Cardio 1 minute

LEG PRESS (RB)

2

8

Cardio 1 minute







12-WEEK WORKOUT PLAN

Week 7

Workouts

12-WEEK WORKOUT PLAN

Week 6

WoRkout 1

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

ONE ARM ROW (DB)

1

8

SQUATS (DB)

1

8

Cardio 1 minute

Cardio 1 minute

ONE ARM ROW (DB)

2

12

SQUATS (DB)

2

8

Cardio 1 minute

Cardio 1 minute

ChEst

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BENCH PRESS (BA)

1

8

ABS WOODCHOP (RB)

1

8

Cardio 1 minute

KNEELING CRUNCH (RB)

1

8

BENCH PRESS (BA)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

8

LATERAL RAISE (RB)

1

8

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

8

LATERAL RAISE (RB)

2

8

Cardio 1 minute

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 6

WoRkout 2

LEgS & Butt

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

LUNGES (RB)

1

8

LATERAL RAISE (DB)

1

8

Cardio 1 minute

Cardio 1 minute

LUNGES (RB)

2

12

LATERAL RAISE (DB)

2

8

Cardio 1 minute

Cardio 1 minute

BaCk

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

SEATED CLOSE-GRIP ROW (RB)

1

8

LYING TRICEP EXTENSION (RB)

1

8

Cardio 1 minute

OVERHEAD TRICEP EXTENSION (DB) 1

8

SEATED CLOSE-GRIP ROW (RB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

ChEst

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

PREACHER CURLS (RB)

1

8

MILITARY PUSH UPS (BW)

1

8

BICEP CURL (DB)

1

8

Cardio 1 minute

Cardio 1 minute

MILITARY PUSH UPS (BW)

2

8

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 6

WoRkout 3

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

SEATED CLOSE-GRIP ROW (RB)

1

8

REVERSE LUNGE (BW)

1

8

Cardio 1 minute

Cardio 1 minute

SEATED CLOSE-GRIP ROW (RB)

2

12

REVERSE LUNGE (BW)

2

8

Cardio 1 minute

Cardio 1 minute

ChEst

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

DECLINE PUSH-UPS (BW)

1

8

LYING LEG LIFTS (BW)

1

8

Cardio 1 minute

JACKKNIFE WITH BALL (BW)

1

8

DECLINE PUSH-UPS (BW)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

8

SHRUGS (DB)

1

8

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

8

SHRUGS (DB)

2

8

Cardio 1 minute

Cardio 1 minute







12-WEEK WORKOUT PLAN

Week 7

Workouts

12-WEEK WORKOUT PLAN

Week 7

WoRkout 1

LEgS & Butt

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

SQUATS (RB)

1

12

UPRIGHT ROW (DB)

1

12

Cardio 1 minute

Cardio 1 minute

SQUATS (RB)

2

12

UPRIGHT ROW (DB)

2

12

Cardio 1 minute

Cardio 1 minute

BaCk

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

DEADLIFT (DB)

1

12

OVERHEAD TRICEP EXTENSION W/BALL (RB) 1

12

Cardio 1 minute

LYING TRICEP EXTENSION (RB)

1

10

DEADLIFT (DB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

ChEST

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

HAMMER CURLS (RB)

1

12

BENCH PRESS (DB)

1

12

BICEP CURL (RB)

1

12

Cardio 1 minute

Cardio 1 minute

BENCH PRESS (DB)

2

12

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 7

WoRkout 2

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BENT-OVER ROWS (RB)

1

12

SQUATS (DB)

1

12

Cardio 1 minute

Cardio 1 minute

BENT-OVER ROWS (RB)

2

12

SQUATS (DB)

2

12

Cardio 1 minute

Cardio 1 minute

ChEst

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

CHEST PRESS (RB)

1

12

SEATED LEG LIFTS (BW)

1

12

Cardio 1 minute

CRUNCHES (BW)

1

10

CHEST PRESS (RB)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

12

SHOULDER PRESS WITH BALL (RB) 1

12

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

10

SHOULDER PRESS WITH BALL (RB) 2

12

Cardio 1 minute

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 7

WoRkout 3

ChEst

BaCk

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

DIAMOND PUSH-UPS (BW)

1

12

SEATED CLOSE-GRIP ROW (RB)

1

12

Cardio 1 minute

Cardio 1 minute

DIAMOND PUSH-UPS (BW)

2

12

SEATED CLOSE-GRIP ROW (RB)

2

12

Cardio 1 minute

Cardio 1 minute

ShouLdERS

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

SHOULDER FLY REAR (RB)

1

12

LYING TRICEP EXTENSION (DB)

1

12

Cardio 1 minute

OVERHEAD EXTENSION (RB)

1

10

SHOULDER FLY REAR (RB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS and FoREaRmS

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BICEP CURL HEIGHT (RB)

1

12

WALKING LUNGES (BW)

1

12

HAMMER CURLS (DB)

1

10

Cardio 1 minute

Cardio 1 minute

WALKING LUNGES (BW)

2

12

Cardio 1 minute







12-WEEK WORKOUT PLAN

Week 8

Workouts

12-WEEK WORKOUT PLAN

Week 8

WoRkout 1

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

LAT PUSHDOWN STRAIGHT (RB)

1

12

HAMSTRING CURLS (RB)

1

12

Cardio 1 minute

Cardio 1 minute

LAT PUSHDOWN STRAIGHT (RB)

2

12

HAMSTRING CURLS (RB)

2

12

Cardio 1 minute

Cardio 1 minute

ChESt

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

INCLINE BENCH PRESS (RB)

1

12

LEG RAISE (RB)

1

12

Cardio 1 minute

CRUNCHES (BW)

1

10

INCLINE BENCH PRESS (RB)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

12

UPRIGHT ROW (RB)

1

12

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

10

UPRIGHT ROW (RB)

2

12

Cardio 1 minute

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 8

WoRkout 2

LEgS & Butt

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STIFF-LEG DEADLIFTS (RB)

1

12

SHOULDER PRESS (RB)

1

12

Cardio 1 minute

Cardio 1 minute

STIFF-LEG DEADLIFTS (RB)

2

12

SHOULDER PRESS (RB)

2

12

Cardio 1 minute

Cardio 1 minute

BaCk

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

SEATED WIDE-GRIP ROW (RB)

1

12

OVERHEAD TRICEP EXTENSION (DB) 1

12

Cardio 1 minute

OVERHEAD EXTENSION (RB)

1

10

SEATED WIDE-GRIP ROW (RB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS and FoREaRmS

ChEst

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

HAMMER CURLS (DB)

1

12

CHEST PRESS (RB)

1

12

BICEP CURL (RB)

1

10

Cardio 1 minute

Cardio 1 minute

CHEST PRESS (RB)

2

12

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 8

WoRkout 3

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

ONE ARM ROW (RB)

1

12

LYING LEG CURL (RB)

1

12

Cardio 1 minute

Cardio 1 minute

ONE ARM ROW (RB)

2

12

LYING LEG CURL (RB)

2

12

Cardio 1 minute

Cardio 1 minute

ChEst

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

INCLINE PUSH-UPS (BW)

1

12

ABS CYCLE (RB)

1

12

Cardio 1 minute

KNEELING CRUNCH (RB)

1

10

INCLINE PUSH-UPS (BW)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

12

LATERAL RAISE (RB)

1

12

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

10

LATERAL RAISE (RB)

2

12

Cardio 1 minute

Cardio 1 minute







12-WEEK WORKOUT PLAN

Week 9

Workouts

12-WEEK WORKOUT PLAN

Week 9

WoRkout 1

LEgS & Butt

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

LUNGES (RB)

1

8

SHRUGS (DB)

1

8

Cardio 1 minute

Cardio 1 minute

LUNGES (RB)

2

12

SHRUGS (DB)

2

8

Cardio 1 minute

Cardio 1 minute

BaCk

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

ONE ARM ROW (RB)

1

8

OVERHEAD TRICEP EXTENSION (RB) 1

8

Cardio 1 minute

TRICEP BENCH DIPS (BW)

1

10

ONE ARM ROW (RB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

ChEst

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BICEP CURL (DB)

1

8

BENT KNEE PUSH UPS (BW)

1

8

HAMMER CURLS (DB)

1

10

Cardio 1 minute

Cardio 1 minute

BENT KNEE PUSH UPS (BW)

2

8

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 9

WoRkout 2

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

DEADLIFT (DB)

1

8

LUNGES (DB)

1

8

Cardio 1 minute

Cardio 1 minute

DEADLIFT (DB)

2

12

LUNGES (DB)

2

8

Cardio 1 minute

Cardio 1 minute

ChEst

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

FLYS (RB)

1

8

ABS CYCLE (BW)

1

8

Cardio 1 minute

OBLIQUE CRUNCHES (BW)

1

10

FLYS (RB)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

8

BENT OVER LATERAL RAISE (DB) 1

8

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

10

BENT OVER LATERAL RAISE (DB) 2

8

Cardio 1 minute

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 9

WoRkout 3

ChEst

BaCk

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

INCLINE BENCH PRESS (DB)

1

8

BENT OVER ROWS (RB)

1

8

Cardio 1 minute

Cardio 1 minute

INCLINE BENCH PRESS (DB)

2

12

BENT OVER ROWS (RB)

2

8

Cardio 1 minute

Cardio 1 minute

ShouLdERS

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

ARNOLD PRESS (DB)

1

8

BENCH PULLOVER WITH BALL (BA) 1

8

Cardio 1 minute

OVERHEAD TRICEP EXTENSION W/ BALL (RB) 1

10

ARNOLD PRESS (DB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BICEP CURL (BA)

1

8

WALKING LUNGES (BW)

1

8

HAMMER CURLS (DB)

1

10

Cardio 1 minute

Cardio 1 minute

WALKING LUNGES (BW)

2

8

Cardio 1 minute







12-WEEK WORKOUT PLAN

Week 10

Workouts

12-WEEK WORKOUT PLAN

Week 10

WoRkout 1

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

ONE ARM ROW (RB)

1

8

SQUATS (DB)

1

8

Cardio 1 minute

Cardio 1 minute

ONE ARM ROW (RB)

2

12

SQUATS (DB)

2

8

Cardio 1 minute

Cardio 1 minute

ChESt

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

INCLINE BENCH PRESS (RB)

1

8

LYING LEG LIFTS (BW)

1

8

Cardio 1 minute

ABS CYCLE (BW)

1

10

INCLINE BENCH PRESS (RB)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

8

SHOULDER PRESS (RB)

1

8

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

10

SHOULDER PRESS (RB)

2

8

Cardio 1 minute

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 10

WoRkout 2

LEgS & Butt

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

LUNGES W/ KNEE RAISE (BW)

1

8

SHOULDER ROW (RB)

1

8

Cardio 1 minute

Cardio 1 minute

LUNGES W/ KNEE RAISE (BW)

2

12

SHOULDER ROW (RB)

2

8

Cardio 1 minute

Cardio 1 minute

BaCk

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

SEATED WIDE-GRIP ROW (RB)

1

8

OVERHEAD TRICEP EXTENSION (RB) 1

8

Cardio 1 minute

TRICEP BENCH DIPS (BW)

1

10

SEATED WIDE-GRIP ROW (RB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

ChEst

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

PREACHER CURL (DB)

1

8

INCLINE BENCH PRESS (DB)

1

8

BICEP CURL (RB)

1

10

Cardio 1 minute

Cardio 1 minute

INCLINE BENCH PRESS (DB)

2

8

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 10

WoRkout 3

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

SEATED WIDE-GRIP ROW (RB)

1

8

LUNGES (RB)

1

8

Cardio 1 minute

Cardio 1 minute

SEATED WIDE-GRIP ROW (RB)

2

12

LUNGES (RB)

2

8

Cardio 1 minute

Cardio 1 minute

ChEst

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

INCLINE PUSH-UPS (BW)

1

8

AB PELVIC THRUSTS (BW)

1

8

Cardio 1 minute

CRUNCHES (BW)

1

10

INCLINE PUSH-UPS (BW)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

8

SHOULDER FLY REAR (RB)

1

8

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

10

SHOULDER FLY REAR (RB)

2

8

Cardio 1 minute

Cardio 1 minute







12-WEEK WORKOUT PLAN

Week 11

Workouts

12-WEEK WORKOUT PLAN

Week 11

WoRkout 1

LEgS & Butt

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

SQUAT WITH BALL OVERHEAD (BA) 1

10

LATERAL RAISE (BA)

1

10

Cardio 1 minute

Cardio 1 minute

SQUAT WITH BALL OVERHEAD (BA) 2

12

LATERAL RAISE (BA)

2

10

Cardio 1 minute

Cardio 1 minute

BaCk

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

ONE ARM ROW (DB)

1

10

CLOSE-GRIP BENCH PRESS (RB)

1

10

Cardio 1 minute

OVERHEAD TRICEP EXTENSION (DB) 1

12

ONE ARM ROW (DB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

ChEst

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

PREACHER CURL (DB)

1

10

INCLINE BENCH PRESS (RB)

1

10

BICEP CURL (RB)

1

12

Cardio 1 minute

Cardio 1 minute

INCLINE BENCH PRESS (RB)

2

10

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 11

WoRkout 2

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

ONE ARM ROW (RB)

1

10

FRONT LUNGES (BW)

1

10

Cardio 1 minute

Cardio 1 minute

ONE ARM ROW (RB)

2

12

FRONT LUNGES (BW)

2

10

Cardio 1 minute

Cardio 1 minute

ChEst

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

PUSH-UPS (BW)

1

10

LYING LEG LIFTS (BW)

1

10

Cardio 1 minute

CRUNCHES (BW)

1

12

PUSH-UPS (BW)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

10

UPRIGHT ROW (RB)

1

10

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

12

UPRIGHT ROW (RB)

2

10

Cardio 1 minute

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 11

WoRkout 3

ChESt

BaCk

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

CHEST PRESS (RB)

1

10

LAT PUSHDOWN STRAIGHT (RB)

1

10

Cardio 1 minute

Cardio 1 minute

CHEST PRESS (RB)

2

12

LAT PUSHDOWN STRAIGHT (RB)

2

10

Cardio 1 minute

Cardio 1 minute

SHOULDERS

TRICEPS

EXERCISE

SET SEQUENCE

WEIGHT (LBS)

REPS

EXERCISE

SET SEQUENCE

WEIGHT (LBS)

REPS

SHOULDER FLY REAR (RB)

1

10

LYING TRICEP EXTENSION (DB)

1

10

Cardio 1 minute

TRICEP PUSHDOWN (RB)

1

12

SHOULDER FLY REAR (RB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BICEP CURL (DB)

1

10

LUNGES W/KNEE RAISE (BW)

1

10

HAMMER CURLS (RB)

1

12

Cardio 1 minute

Cardio 1 minute

LUNGES W/KNEE RAISE (BW)

2

10

Cardio 1 minute







12-WEEK WORKOUT PLAN

Week 12

Workouts

12-WEEK WORKOUT PLAN

Week 12

WoRkout 1

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

SEATED WIDE-GRIP ROW (RB)

1

10

HAMSTRING CURLS (RB)

1

10

Cardio 1 minute

Cardio 1 minute

SEATED WIDE-GRIP ROW (RB)

2

12

HAMSTRING CURLS (RB)

2

10

Cardio 1 minute

Cardio 1 minute

ChEst

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BENCH PRESS (RB)

1

10

JACKKNIFE WITH BALL (BW)

1

10

Cardio 1 minute

ABS TWIST (RB)

1

12

BENCH PRESS (RB)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

10

LATERAL RAISE (DB)

1

10

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

12

LATERAL RAISE (DB)

2

10

Cardio 1 minute

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 12

WoRkout 2

LEgS & Butt

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

REVERSE LUNGE (BW)

1

10

UPRIGHT ROW (RB)

1

—

10

Cardio 1 minute

Cardio 1 minute

REVERSE LUNGE (BW)

2

12

UPRIGHT ROW (RB)

2

—

10

Cardio 1 minute

Cardio 1 minute

BaCk

tRICEPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

FRONT LAT. PULL-DOWN (RB)

1

10

TRICEP PUSHDOWN (RB)

1

10

Cardio 1 minute

OVERHEAD TRICEP EXTENSION (DB) 1

12

FRONT LAT. PULL-DOWN (RB)

2

12

Cardio 1 minute

Cardio 1 minute

BICEPS & FoREaRmS

ChEst

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

PREACHER CURL (RB)

1

10

MILITARY PUSH UPS (BW)

1

10

BICEP CURL (DB)

1

12

Cardio 1 minute

Cardio 1 minute

MILITARY PUSH UPS (BW)

2

10

Cardio 1 minute

12-WEEK WORKOUT PLAN

Week 12

WoRkout 3

BaCk

LEgS & Butt

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

ONE ARM ROW (DB)

1

10

LEG PRESS (RB)

1

10

Cardio 1 minute

Cardio 1 minute

ONE ARM ROW (DB)

2

12

LEG PRESS (RB)

2

10

Cardio 1 minute

Cardio 1 minute

ChEst

adomInaLS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

BENCH PRESS (DB)

1

10

LEG RAISE (RB)

1

10

Cardio 1 minute

CRUNCHES (BW)

1

12

BENCH PRESS (DB)

2

12

Cardio 1 minute

Cardio 1 minute

CaLVES

ShouLdERS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

EXERCISE

SEt SEquEnCE

WEIght (LBS)

REPS

STANDING CALF RAISES (DB)

1

10

SHRUGS (RB)

1

10

Cardio 1 minute

Cardio 1 minute

STANDING CALF RAISES (DB)

2

12

SHRUGS (RB)

2

10

Cardio 1 minute

Cardio 1 minute