

12 WEEK BODY TRANSFORMATION
FEBRUARY 2022



ADVANCED PROGRAM - FEMALE

WEEKS 5-8 TRAINING PLAN

WORKOUT 1 - LEGS 1					DATE:			
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
	DEADLIFTS	8-10	4	60				
	SPLIT SQUAT	10-12	3	45				
	LEG CURLS	12-15	4	60				
	GLUTE THRUST	8-10	4	60				
	ROMANIAN DUMBBELL DEADLIFT	12-15	3	60				
	LYING LEG RAISES	15-20	3	45				
	DECLINE SITUPS	15-20	3	45				
WORKOUT 2 - CHEST/SH/TRIS					DATE:			
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
	DB CHEST PRESS	8-10	4	60				
	DB INCLINE FLY	10-12	3	45				
	ARNOLD PRESS	10-12	4	45				
	LATERAL RAISE MACHINE	12-15	3	45				
	UPRIGHT ROW	12-15	4	45				
	SKULLCRUSHER	10-12	4	45				
	TRICEP BENCH DIPS	MAX	4	45				
WORKOUT 3 - LEGS 2					DATE:			
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
	1A: SQUAT	8-10	4	0				
	1B: SQUAT JUMPS	30scs	4	60				
	LEG PRESS - WIDE	20-25	3	60				
	LEG PRESS - NARROW	20-25	3	60				
	2A: SISSY SQUAT	20	4	0				
	2B: WALKING LUNGE	10	4	60				
	3A: AB WHEEL	15-20	3	0				
	3B: CABLE CRUNCH	20	3	60				
WORKOUT 4- BACK/BIS					DATE:			
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
	ASSISTED PULLUP - BAND OR MACHINE	10-12	4	60				
	PLATE LAT PULLDOWN	12-15	4	60				
	WIDEGRIP SEATED ROW	10-12	4	60				
	STRAIGHT ARM PULLDOWN	12-15	4	60				
	INCLINE DB CURL	10-12	4	45				
	PREACHER CURL	10-15	4	45				
WORKOUT 5 - FULL BODY					DATE:			
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
	1A: BARBELL BENCH PRESS	12-15	4	0				
	1B: PUSHUPS	30secs	4	60				
	2A: SQUATS	12-15	4	0				
	2B: PULSE SQUATS	30secs	4	60				
	3A: DEADLIFTS	12-15	4	0				
	3B: GLUTE THRUST	20-30	4	60				
	SQUAT THRUST	1mn	4	60				