

12 WEEK BODY TRANSFORMATION
FEBRUARY 2025



BEGINNERS PROGRAM (MENS & WOMENS)

WEEKS 1- 4 TRAINING PLAN

WORKOUT 1 - UPPER BODY					DATE:			
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
CHEST	SEATED CHEST PRESS MACHINE	12-15	3-4	30-45				
	PEK DEK FLYES	12-15	3-4	30-45				
BACK	WIDE GRIP LAT PULLDOWN	12-15	3-4	30-45				
	SEATED ROW	12-15	3-4	30-45				
SHOULDERS	SEATED SHOULDER PRESS - machine	12-15	3-4	30-45				
TRI'S	TRICEP MACHINE	12-15	3-4	30-45				
BI'S	BICEP CABLE CURLS	12-15	3-4	30-45				
CORE	PLANK	MAX	3-4	30-45				
	CABLE TORSO ROTATION	15	3-4	30				

WORKOUT 2 - LOWER BODY					DATE:			
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
LEGS	SEATED LEG PRESS	12-15	3-4	45 sec				
	LEG EXTENSIONS - machine	12-15	3-4	45 sec				
	SEATED OR LYING LEG CURLS	12-15	3-4	45 sec				
	GOBLET SQUATS	12-15	3-4	45 sec				
	SEATED CALF RAISES	12-15	3-4	45 sec				
	STATIC LUNGE	12-15	3-4	45 sec				
CORE	PLANK	20	3	45 sec				

COMMENTS - Perform at least 3 weights sessions per week and alternate between the workouts. This means that one week you should be doing 2 upper body and 1 lower body and the next week 2 lower body and 1 upper body. DO NOT skip any workouts but feel free to do 4 sessions if you would prefer. If you have some energy left, then try one of the functional workouts 😊

*Select an appropriate weight to complete the sets and reps allotted to each exercise