

12-Week Transformation Functional Workouts Guide

Introduction

This guide includes high-intensity, functional workouts designed for a **12-week body transformation challenge**. Each workout lasts **15-20 minutes** and focuses on **strength, endurance, fat loss, and mobility** using bodyweight, dumbbells, or single pieces of equipment like a **rowing machine, treadmill, or exercise bike**.

BODYWEIGHT & DUMBBELL WORKOUTS

Workout 1: Full-Body HIIT Blast (15 Minutes)

Structure: 40 sec work / 20 sec rest, 3 rounds

1. **Jump Squats** – Explosive movement for legs and glutes
2. **Push-Ups** – Builds upper body strength
3. **Kettlebell Swings** – Engages posterior chain and cardio
4. **Plank to Shoulder Taps** – Core stability
5. **Burpees** – Full-body conditioning

 **Rest 1 min between rounds**

Workout 2: Strength & Power (20 Minutes)

Structure: 45 sec work / 15 sec rest, 3 rounds

1. **Deadlifts (Dumbbell/Barbell)** – 8 reps
2. **Pull-Ups or Assisted Pull-Ups** – 5-10 reps
3. **Front Squats (Dumbbell/Barbell)** – 8-10 reps
4. **Dumbbell Shoulder Press** – 10 reps
5. **Russian Twists (Weighted)** – 30 sec

 **Rest 1 min between rounds**

Workout 3: Core & Agility (15 Minutes)

Structure: 30 sec work / 10 sec rest, 4 rounds

1. **Mountain Climbers** – Engages core & endurance
2. **Medicine Ball Slams** – Power & explosiveness
3. **Lateral Bounds** – Improves agility
4. **Bicycle Crunches** – Core activation
5. **Jump Rope or High Knees** – Cardio finisher

 **Rest 30 sec between rounds**

Workout 4: Functional Strength & Mobility (20 Minutes)

Structure: 40 sec work / 20 sec rest, 3 rounds

1. **Goblet Squats** – Strength & mobility
2. **Turkish Get-Ups** – Full-body coordination
3. **Farmer's Carry (Heavy Weights)** – Core & grip strength
4. **Hollow Body Hold** – Core endurance
5. **Box Step-Ups (Weighted)** – Stability & strength

 **Rest 1 min between rounds**

Workout 5: Metabolic Conditioning (18 Minutes)

Structure: 45 sec work / 15 sec rest, 3 rounds

1. **Rowing Machine or Ski Erg** – Full-body cardio
2. **Thrusters (Squat to Press)** – Metabolic boost
3. **Kettlebell Deadlifts** – Strength & endurance
4. **Plank to Jump-In (Frogger)** – Core & mobility
5. **Battle Ropes or Medicine Ball Slams** – Explosiveness

 **Rest 1 min between rounds**

Workout 6: Bodyweight Power Circuit (15 Minutes)

Structure: 40 sec work / 20 sec rest, 3 rounds

1. **Jump Lunges** – Builds leg power and endurance
2. **Plyometric Push-Ups** – Explosive upper-body strength
3. **Bear Crawls** – Full-body coordination
4. **Side Plank with Reach-Through (Right & Left)** – Core stability
5. **Burpee to Broad Jump** – Total body burn

 **Rest 1 min between rounds**

Workout 7: Kettlebell Strength & Conditioning (20 Minutes)

Structure: 45 sec work / 15 sec rest, 3 rounds

1. **Kettlebell Deadlifts** – Posterior chain strength
2. **Single-Arm Kettlebell Snatch** – Power & coordination
3. **Goblet Squats** – Full-body strength
4. **Kettlebell Renegade Rows** – Core & upper body
5. **Kettlebell Figure 8s** – Core engagement

 **Rest 1 min between rounds**

Workout 8: Speed & Agility Drills (18 Minutes)

Structure: 30 sec work / 10 sec rest, 4 rounds

1. **Ladder Drills (Quick Feet or High Knees)** – Speed & coordination
2. **Medicine Ball Side Tosses** – Core power
3. **Sprint to Backpedal (5m forward, 5m back)** – Athletic conditioning
4. **Skater Hops** – Lateral strength
5. **Explosive Box Jumps** – Leg power

 **Rest 30 sec between rounds**

Workout 9: Core & Stability Challenge (15 Minutes)

Structure: 40 sec work / 20 sec rest, 3 rounds

1. **Hollow Body Hold** – Core endurance
2. **Plank to Opposite Toe Touch** – Core & mobility
3. **Dead Bug** – Spinal stability
4. **Hanging Leg Raises (or Knee Raises)** – Core control
5. **Med Ball Russian Twists** – Oblique strength

 **Rest 1 min between rounds**

Workout 10: Total-Body Fat Burner (20 Minutes)

Structure: 45 sec work / 15 sec rest, 3 rounds

1. **Battle Ropes (Slams or Waves)** – Full-body cardio
2. **Squat to Shoulder Press** – Strength & endurance
3. **Kettlebell Swings** – Posterior chain activation
4. **Push-Up to Row** – Upper-body & core
5. **Sprint or Rowing Machine** – Metabolic finisher

 **Rest 1 min between rounds**

Workout 11: Explosive Power & Strength (18 Minutes)

Structure: 40 sec work / 20 sec rest, 3 rounds

1. **Box Jumps** – Lower body explosiveness
2. **Kettlebell Clean & Press** – Strength & coordination
3. **Deadlifts (Dumbbell or Barbell)** – Posterior chain power
4. **Medicine Ball Slams** – Core & power
5. **Jump Rope (Double Unders if possible)** – Cardio finisher

 **Rest 1 min between rounds**

Workout 12: Upper Body & Core (15 Minutes)

Structure: 45 sec work / 15 sec rest, 3 rounds


1. **Pull-Ups (Assisted if needed)** – Back & biceps strength
2. **Dips (Parallel Bars or Bench)** – Triceps & chest
3. **Push-Up to Shoulder Tap** – Core & stability
4. **Hanging Knee Raises** – Lower abs
5. **Plank to Forearm Rotation** – Core endurance

 **Rest 1 min between rounds**

Workout 13: Speed & Conditioning (20 Minutes)

Structure: 30 sec work / 10 sec rest, 4 rounds

1. **Sprint (Treadmill or Outdoor)** – Explosive cardio
2. **Battle Ropes (Alternating Waves)** – Upper body & endurance
3. **Lateral Bounds** – Agility & leg power
4. **Jump Squats** – Leg endurance
5. **Rowing Machine or Assault Bike** – Full-body burn

 **Rest 30 sec between rounds**

Workout 14: Full-Body Dumbbell Blast (18 Minutes)

Structure: 40 sec work / 20 sec rest, 3 rounds

1. **Dumbbell Thrusters (Squat to Press)** – Total-body activation
2. **Dumbbell Bent-Over Rows** – Back & arm strength
3. **Romanian Deadlifts** – Glutes & hamstrings
4. **Dumbbell Lateral Raises** – Shoulder definition
5. **Weighted Russian Twists** – Core control

 **Rest 1 min between rounds**

Workout 15: Endurance & Strength (20 Minutes)

Structure: 45 sec work / 15 sec rest, 3 rounds

1. **Farmer's Carry (Heavy Dumbbells)** – Grip & core strength
2. **Step-Ups (Weighted if possible)** – Leg endurance
3. **Wall Balls (Squat to Throw)** – Full-body conditioning
4. **Rowing Machine (or Jump Rope)** – Cardio endurance
5. **Bear Crawl to Push-Up** – Functional strength

 **Rest 1 min between rounds**

Workout 16: Core & Balance Challenge (15 Minutes)

Structure: 40 sec work / 20 sec rest, 3 rounds

1. **Single-Leg Deadlifts (Dumbbell)** – Stability & strength
2. **Plank with Reach-Through** – Core endurance
3. **V-Ups or Hanging Leg Raises** – Lower abs
4. **Side Plank with Leg Lift** – Oblique engagement
5. **Bosu Ball Squats** – Balance & coordination

 **Rest 1 min between rounds**

Workout 17: Lower Body Strength & Mobility (20 Minutes)

Structure: 45 sec work / 15 sec rest, 3 rounds

1. **Bulgarian Split Squats (Weighted if possible)** – Leg power
2. **Goblet Squats (Deep Range of Motion)** – Mobility & strength
3. **Hip Thrusts (Dumbbell or Barbell)** – Glutes activation
4. **Walking Lunges (Weighted if possible)** – Leg endurance
5. **Seated Hamstring Stretch (Hold 30 sec per leg)** – Mobility finisher

 **Rest 1 min between rounds**

Workout 18: Athletic Performance (18 Minutes)

Structure: 30 sec work / 10 sec rest, 4 rounds

1. **Agility Ladder (High Knees or Lateral Shuffles)** – Quickness
2. **Battle Ropes (Slams or Alternating Waves)** – Upper body burn
3. **Broad Jumps** – Explosive leg power
4. **Sled Push (or Sprint if no sled available)** – Full-body drive
5. **Medicine Ball Rotational Toss** – Core power

 **Rest 30 sec between rounds**

Workout 19: Strength & Stability (20 Minutes)

Structure: 40 sec work / 20 sec rest, 3 rounds

1. **Turkish Get-Ups (Dumbbell or Kettlebell)** – Full-body stability
2. **Overhead Dumbbell Press (Standing)** – Shoulder & core engagement
3. **Pull-Throughs (Cable or Band)** – Glutes & core
4. **Hollow Body Hold** – Core endurance
5. **Weighted Step-Ups (Dumbbells)** – Leg strength

 **Rest 1 min between rounds**

Workout 20: Fat Loss & Metabolic Burn (18 Minutes)

Structure: 45 sec work / 15 sec rest, 3 rounds

1. **Kettlebell Swings** – Full-body power
2. **Jump Rope (Double Unders if possible)** – Cardio boost
3. **Box Jumps or Step-Ups** – Leg explosiveness
4. **Burpees to Pull-Up** – Total-body challenge
5. **Rowing Machine (or Sprint if no rower available)** – Cardio finisher

 **Rest 1 min between rounds**

ROWING MACHINE WORKOUTS

Workout 21: Row & Strength Circuit (20 Minutes)

Structure: 45 sec work / 15 sec rest, 3 rounds

1. Rowing (Max Effort)
2. Squat to Jump
3. Rowing (Moderate Pace)
4. Push-Ups
5. Rowing (Sprints – 100m each rep) 🔥 **Rest 1 min between rounds**

Workout 22: Rowing Ladder (15 Minutes)

Structure: Complete each distance, then move to the next

1. 100m Row (Max Speed)
2. 200m Row (Moderate Pace)
3. 300m Row (Max Speed)
4. 400m Row (Moderate Pace)
5. 500m Row (Max Effort) 🔥 **Repeat the ladder once if time allows**

Workout 23: Rowing Tabata (18 Minutes)

Structure: 20 sec work / 10 sec rest, 8 rounds per exercise

1. Rowing (Max Effort)
2. Plank Hold (on the rower seat for extra stability challenge)
3. Rowing (Moderate Pace Recovery)
4. Bodyweight Squats
5. Rowing (Max Speed Sprint Finish) 🔥 **Rest 1 min between sets**

Workout 24: Rowing & Core Challenge (20 Minutes)

Structure: 500m row + 45 sec core movement, repeat for 4 rounds

1. 500m Row (Moderate Pace)
2. Plank to Shoulder Tap (45 sec)
3. 500m Row (Max Effort)
4. V-Ups (45 sec)
5. 500m Row (Moderate Pace Recovery)
6. Russian Twists (45 sec) 🔥 **Complete all rounds as fast as possible**

Workout 25: Rowing Power Intervals (15 Minutes)

Structure: 30 sec work / 30 sec rest, 3 rounds

1. Rowing (Max Power – High Stroke Rate)
 2. Rowing (Slow Stroke Rate – High Resistance)
 3. Rowing (Moderate Pace Recovery)
 4. Rowing (Max Sprint for Distance)
 5. Rowing (Slow & Controlled – Full Length Pulls) 🔥 **Rest 1 min between rounds**
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TREADMILL WORKOUTS

Workout 26: Speed & Incline Intervals (20 Minutes)

Structure: 45 sec work / 15 sec rest, 4 rounds

1. Sprint (10-12 mph, 0% incline)
2. Walk (3-4 mph, 12% incline)
3. Jog (6-7 mph, 5% incline)
4. Sprint (10-12 mph, 3% incline)
5. Walk (Recovery – 3 mph, 0% incline) 🔥 **Repeat all rounds**

Workout 27: Sprint & Strength Circuit (18 Minutes)

Structure: 30 sec sprint + 30 sec strength move, repeat 3 times per round

1. Sprint (Max Speed, 0% incline)
2. Push-Ups
3. Sprint (Max Speed, 3% incline)
4. Squat to Jump
5. Sprint (Max Speed, 6% incline)
6. Plank Hold 🔥 **Rest 1 min between rounds**

Workout 28: Treadmill Hill Climb Challenge (15 Minutes)

Structure: Increase incline every 2 minutes until failure

1. Walk (4 mph, 5% incline) – 2 min
 2. Jog (6 mph, 8% incline) – 2 min
 3. Jog (6 mph, 10% incline) – 2 min
 4. Sprint (8-10 mph, 12% incline) – 2 min
 5. Walk (3 mph, 15% incline) – 2 min 🔥 **Lower incline and repeat if time allows**
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EXERCISE BIKE WORKOUTS

Workout 29: Bike Sprint Intervals (15 Minutes)

Structure: 20 sec sprint / 40 sec moderate, repeat 10 rounds

1. Sprint (Max Resistance & Speed) – 20 sec
2. Moderate Pace (Recover, Low Resistance) – 40 sec 🔥 **Repeat for 10 rounds**

Workout 30: Bike Strength & Endurance (20 Minutes)

Structure: 3-minute effort + 1-minute recovery, repeat 4 rounds

1. Heavy Resistance Climb (3 min, Moderate Speed)
2. Light Resistance Sprint (1 min, Max Speed)
3. Heavy Resistance Climb (3 min, Seated)
4. Light Resistance Sprint (1 min, Max Speed)
5. Heavy Resistance Climb (3 min, Standing Position)
6. Light Resistance Sprint (1 min, Max Speed) 🔥 **End with a 1-minute cooldown**

Scaling Options for Different Fitness Levels

- **Beginner:** Lower resistance, slower speed, increase rest periods.
- **Intermediate:** Follow the workouts as written.
- **Advanced:** Increase resistance, speed, and reduce rest times.

Stay consistent and push your limits! 💪 🔥