

12 WEEK BODY TRANSFORMATION

FEBRUARY 2025



ADVANCED PROGRAM - MALE

WEEKS 1-4 TRAINING PLAN

WORKOUT 1 - UPPER 1					DATE:				
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight	
	BB BENCH PRESS	10-12	4	60					
	CABLE FLY	12-15	4	45					
	GREEN MACHINE CHEST PRESS	12-15	4	60					
	BB OVERHEAD SHOULDER PRESS	8-10	4	45					
	DB LATERAL RAISE	10-12	4	45					
	CABLE OH EXTENSION	12-15	4	45					
	DIPS	MAX	4	45					
WORKOUT 2 - LEGS 1					DATE:				
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight	
	BB SQUAT	8-10	4	60					
	LEG PRESS	12-15	4	60					
	ROMANIAN BB DL	12-15	4	60					
	1A: AB WHEEL	MAX	3	0					
	1B: LYING LEG LIFTS	10-12	3	45					
	LEG CURL	10-12	4	60					
	CALVES	MAX	3	45					
WORKOUT 3 - UPPER 2 - PULL					DATE:				
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight	
	PLATE MACHINE LAT PULLDOWN	10-12	4	60					
	CABLE SEATED ROW	12-15	4	60					
	NARROW GRIP ASSISTED PULLUP	MAX	3	60					
	UPRIGHT ROW BB	12-15	3	45					
	1A: EZ BAR BICEP CURL	10-12	4	0					
	1B: DB BICEP CURL	12-15	4	45					
	FACEPULLS	15-20	3	45					
WORKOUT 4- LEGS 2					DATE:				
	HACK SQUAT	8-10	4	60					
	WEIGHTED WALKING LUNGE	20	3	45					
	1A: LEG EXTENSION	10-12	4	0					
	1B: SISSY SQUAT	15	4	60					
	2A: PLANK	MAX	3	0					
	2B: CALVES	10-12	3	45					
	SLED RUN		4	60					
WORKOUT 5 - FUNCTIONAL DAY					DATE:				

Choose one of the options from the functional day training or choose one from the book 😊