

12 WEEK BODY TRANSFORMATION  
FEBRUARY 2025



ADVANCED PROGRAM - FEMALE

WEEKS 1-4 TRAINING PLAN

WORKOUT 1 - LEGS 2

DATE:

EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
BARBELL SQUATS	10-12	4	60				
WALKING LUNGES	10	3	60				
GLUTE KICKBACKS	12-15	3	45				
ADDUCTOR	20	4	45				
1A: AB WHEEL	MAX	4	0				
1B: CRUNCH	MAX	4	30				

WORKOUT 2 - UPPER PUSH - DAY

DATE:

EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
DB CHEST PRESS	10-12	4	60				
PUSHUPS	MAX	3	60				
PEC DECK FLY	12-15	4	45				
SEATED DB PRESS	10-12	4	45				
1A: DB LATERAL RAISE	10-12	3	0				
1B: DB FRONT RAISE	10-12	3	45				
CABLE STRAIGHT BAR PUSHDOWN	12-15	4	45				

WORKOUT 3 - LEGS 2

DATE:

EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
HACK SQUAT	10-12	4	60				
LEG PRESS	12-15	4	60				
WEIGHTED STEP UPS	10	3	45				
CALVES	30	3	45				
ABDUCTOR	20	4	45				
DEADBUGS	MAX	4	30				

WORKOUT 4 - UPPER 2 - PULL DAY

DATE:

EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
ASSISTED WIDEGRIP PULLUP	8-10	3	60				
WIDE GRIP LAT PULLDOWN	12-15	4	60				
PLATE MACHINE ROW	12-15	4	45				
FACEPULL	12-15	4	45				
1A: SEATED DB CURL	10-12	4	0				
1B: SEATED HAMMER CURL	10-12	4	45				

WORKOUT 5 - FUNCTIONAL DAY

DATE:


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