

12 WEEK BODY TRANSFORMATION
FEBRUARY 2025



ADVANCED PROGRAM - MALE

WEEKS 5-8 TRAINING PLAN

WORKOUT 1 - UPPER 1					DATE:				
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight	
	DB BENCH PRESS	8-10	4	60					
	PEC DECK FLY	12-15	3	60					
	INCLINE PRESS PLATE MACHINE	8-10	4	45					
	MACHINE SHOULDER PRESS PLATE	10-12	4	45					
	CABLE LATERAL RAISE - single	10-12	3	45					
	1A: SKULLCRUSHER	10-12	4	0					
	1B: CLOSE GRIP BB PRESS	10-12	4	45					
	DIPS	MAX	3	45					
WORKOUT 2 - LEGS 1					DATE:				
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight	
	BACK EXTENSION	12-15	3	45					
	DEADLIFT	8-10	4	60					
	LEG CURL	12-15	4	60					
	REVERSE LUNGE - FRONT FOOT ELEVATED	10-12	3	45					
	GLUTE THRUST	20-25	4	60					
	CAPTAINS CHAIR LEG RAISES	20-30	3	45					
	CABLE CRUNCH	20	3	45					
WORKOUT 3 - UPPER 2 - PULL					DATE:				
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight	
	WIDE GRIP PULLUP	8-10	4	60					
	CLOSE GRIP PULLDOWN	8-10	4	60					
	SEATED ROW PLATE MACHINE	10-12	3	60					
	DB ROW - SINGLES	10-12	3	60					
	CABLE REAR DELT CROSSOVER	12-15	3	60					
	BB 21'S	7-7-7	3	60					
	PREACHER CURL	10-12	4	45					
	CABLE ROPE HAMMER CURL	10-12	4	45					
WORKOUT 4- LEGS 2					DATE:				
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight	
	SQUATS	8-10	4	60					
	WEIGHTED STEPUPS	12-10	3	45					
	LEG EXTENSION DROPSET x 3 - 12-MAX-MAX		3	60					
	CALVES	12-15	4	45					
	WEIGHTED SISSY SQUATS	10-12	4	60					
	AB WHEEL	15-20	3	45					
	UP AND OVER LEGS - CORE -each side	10-15	3	45					
WORKOUT 5 - FUNCTIONAL DAY					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					