

12 WEEK BODY TRANSFORMATION
FEBRUARY 2025



BEGINNERS

WEEKS 9-12 TRAINING PLAN

WORKOUT 1 - LEGS 1					DATE:				
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight	
	SPLIT SQUAT	10-12	3	45					
	LEG CURLS	12-15	4	60					
	GLUTE THRUST	8-10	4	60					
	ROMANIAN DUMBBELL DEADLIFT	12-15	3	60					
	LYING LEG RAISES	15-20	3	45					
	DECLINE SITUPS	15-20	3	45					
WORKOUT 2 - CHEST/SH/TRIS					DATE:				
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight	
	DB CHEST PRESS	10-15	4	60					
	FLAT BENCH DB FLY	10-15	3	45					
	ARNOLD PRESS	10-12	4	45					
	LATERAL RAISE MACHINE	12-15	3	45					
	UPRIGHT ROW	12-15	4	45					
	SKULLCRUSHER	10-15	4	45					
	TRICEP BENCH DIPS	MAX	4	45					
WORKOUT 3 - LEGS 2					DATE:				
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight	
	1A: SQUAT	8-10	4	0					
	1B: SQUAT JUMPS	30scs	4	60					
	LEG PRESS - WIDE	20-25	3	60					
	LEG PRESS - NARROW	20-25	3	60					
	2A: SISSY SQUAT	20	4	0					
	2B: WALKING LUNGE	10	4	60					
	3A: AB WHEEL	15-20	3	0					
	3B: CABLE CRUNCH	20	3	60					
WORKOUT 4- BACK/BIS					DATE:				
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight	
	ASSISTED PULLUP - BAND OR MACHINE	10-12	4	60					
	PLATE LAT PULLDOWN	12-15	4	60					
	WIDEGRIP SEATED ROW	10-12	4	60					
	STRAIGHT ARM PULLDOWN	12-15	4	60					
	INCLINE DB CURL	10-12	4	45					
	PREACHER CURL	10-15	4	45					
WORKOUT 5 - FULL BODY					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: ROMANIAN DB DEADLIFTS	12-15	4	0					
	3B: GLUTE THRUST	20-30	4	60					
	SQUAT THRUST	1mn	4	60					