

12 WEEK BODY TRANSFORMATION  
FEBRUARY 2025



ADVANCED PROGRAM - MALE

WEEKS 9-12 TRAINING PLAN

WORKOUT 1 - BACK/SH/BIS					DATE:			
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
	WIDE GRIP LAT PULLDOWN - 15/12/10/8	←	4	60				
	NARROW GRIP ASSISTED PULLUP	MAX	3	60				
	BENT OVER BB ROW - 15/12/10/8	←	4	60				
	UPRIGHT ROW BB	12-15	3	60				
	DB SHOULDER PRESS - 15/12/10/8	←	4	45				
	CABLE HIGH CURLS	12-15	3	45				
	SIDE PLANKS	MAX	4	45				
WORKOUT 1 - LEGS 1 THE BIG 4					DATE:			
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
	BARBELL SQUATS - 12/12/10/10/8/8	←	6	60				
	GLUTE THRUST - 12/12/10/10/8/8	←	6	60				
	LEG PRESS - 12/12/10/10/8/8	←	6	60				
	DEADLIFT - 12/12/10/10/8/8	←	6	60				
WORKOUT 3 - CHEST/TRIS					DATE:			
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
	INCLINE DB CHEST PRESS - 12/10/8/8	←	4	60				
	CHEST PRESS - GREEN MACHINE - 12/10/8/8	←	4	60				
	INCLINE DB FLYS	10-12	4	60				
	DB PULLOVER	10-12	3	60				
	ASSISTED DIPS (or unassisted if possible)	12-15	3	45				
	DB TRICEP KICKBACKS	12-15	3	45				
	CAPTAINS CHAIR LEG/KNEE RAISES	MAX	3	45				
WORKOUT 4- LEGS 2					DATE:			
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
	LEG EXTENSION - 10/12/15/20/25	←	5	60				
	LEG CURLS - 10/12/15/20/25	←	5	60				
	GOBLET SQUAT - 10/12/15/20/25	←	5	60				
	WEIGHTED STATIC LUNGE - 15/20/25	←	3	45				
	SISSY SQUATS	MAX	3	45				
WORKOUT 5 - TERMINATOR - RISE OF THE MACHINES					DATE:			
BODY PART	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight
	CHEST PRESS MACHINE	100	1	60				
	LAT PULL DOWN CABLE	100	1	60				
	LEG PRESS MACHINE	100	1	60				
	SEATED SHOULDER PRESS MACHINE	100	1	60				
	SEATED ROW	100	1	60				
	LYING LEG CURLS	100	1	60				
	BICEP CURL MACHINE	100	1	60				
	TRICEP CURL MACHINE	100	1	60				
	CRUNCHES	100	1	60				
	STANDING OR SEATED CALVES	100	1	60				