

12 WEEK BODY TRANSFORMATION
FEBRUARY 2022



ADVANCED PROGRAM - FEMALE

WEEKS 9-12 TRAINING PLAN

WORKOUT 1 - LEGS 1 THE BIG 4					DATE:				
	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 2 - SH/TRI/BI					DATE:				
	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight	
	DB SHOULDER PRESS - DROPSET (see below)	MAX	3	60					
	1A: REAR PEK DEK	12	3	0					
	1B: LATERAL RAISE	12	3	0					
	1C: FRONT RAISE	12	3	60					
	STRAIGHT BAR CABLE BICEP	12-15	3	45					
	BB 21'S	7/7/7	3	60					
	TRICEP DIPS	MAX	3	45					
	OH TRICEP CABLE EXTENSION	12-15	3	45					
WORKOUT 3 - LEGS 2					DATE:				
	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 4 - UPPER 2 - CHACK DAY					DATE:				
	EXERCISE	REPS	SETS	REST	weight	weight	weight	weight	
	BB BENCH PRESS	10-15	4	60					
	INCLINE DB PRESS	10-12	4	60					
	BENTOVER DB ROW - SINGLES	10-12	3	60					
	NARROW GRIP PULLDOWN	10-12	3	60					
	DB PULLOVER	10-12	3	60					
	REVERSE CRUNCHES	20	3	0					
	TOE REACHES	20	3	45					
WORKOUT 5 - TERMINATOR - RISE OF THE MACHINES					DATE:				
	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					

DROPSET: Start with a weight you can do around 12-15 reps with then reduce the weight and do max reps then reduce the weight on more time and do max reps - That is one set, now you rest