

12 Week Strength Program

This worksheet is designed as a beginner strength training program for you to follow along with. It starts out as Full Body exercises for the first month. The second month is a Push/Pull workout formula found in another pdf that provides an easy to follow structure. The third month goes into a body split plan that follows traditional weight training guidelines,

Month 1 Full Body

3 Days Per Week

Week 1:

3 sets of 20, rest 45 seconds between

Week 2:

4 sets of 15, rest 45 seconds between

Week 3:

3 sets of 8, rest 45 seconds between

Week 4:

4 sets of 8, rest 45 seconds between

The Setup

The Warm-Up

- 6-8 mins of Cardio (Building in Intensity)
- 3-5 mins Mobilizing The Joints/Muscle Groups Being Used For The Workout

The Workouts

Day 1

Machine Based

1 Chest Press

2 Leg Press

3 Seated Back Row

4 Leg Extension

5 Shoulder Press

6 Leg Curl

- Perform Exercise For The Reps Of The Week You Are On Then Rest 45 Seconds.
- Complete The Number Of Sets Required For Each Exercise.
- Bonus - Perform 10 Core Ab Exercises Between Your Lifting Exercises

Month 1 Full Body

Dumbbell Based

- 1 Dumbbell Chest Press
- 2 Dumbbell Sumo Squats
- 3 Dumbbell Bent Over Rows
- 4 Dumbbell Step Back Lunges
- 5 Dumbbell Shoulder Press
- 6 Dumbbell Step Ups

Day 2

- Perform Exercise For The Reps Of The Week You Are On Then Rest 45 Seconds.
- Complete The Number Of Sets Required For Each Exercise.
- Bonus - Perform 10 Core Ab Exercises Between Your Lifting Exercises



Day 3

Body Weight Based

- 1 Pushups
- 2 Side Lunges Each Side
- 3 Dip Assisted Machine
- 4 Walking Lunges
- 5 Pullups Assisted Machine
- 6 1-Min Squat Hold

- Perform Exercise For The Reps Of The Week You Are On Then Rest 45 Seconds.
- Complete The Number Of Sets Required For Each Exercise.
- Bonus - Perform 10 Core Ab Exercises Between Your Lifting Exercises

- Because Bodyweight Exercises Are Different, You Will Perform These Sets/Reps
 - Wk1 3x10-12 reps each movement
 - Wk2 3x15 reps each movement
 - Wk3 3x20 reps each movement
 - Wk4 4x15-20 reps each movement

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In month 2, you'll be focusing on the front and the backside of the body. The Push/Pull workout formula creates a simple to follow workout that you can create plenty of variety from as well. Please reference the Push/Pull workout pdf to follow the formula for month 2.

Month 2 Push/Pull

3 Days Per Week

Week 1:

3 sets of 12, rest 45 seconds between each A/B

Week 2:

4 sets of 10, rest 45 seconds between each A/B

Week 3:

5 sets of 8, rest 45 seconds between each A/B

Week 4:

5 sets of 8, rest 45 seconds between each A/B

- Refer To The Push/Pull PDF For Full Details
- Alternate Between Push & Pull Workouts
- Month Ending In 6 Times Each Of Push/Pull

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In month 3, the focus is now placed on a more traditional approach around weight lifting. Upper and lower body workout routines allow you to spend more time on specific muscle groups to not only build/tone muscle, but develop your body with focused efforts in the gym.

Month 3 Upper/Lower

3 Days Per Week

Week 1:

3 sets of 20, rest 45 seconds between

Week 2:

3 sets of 15, rest 45 seconds between

Week 3:

4 sets of 15, rest 45 seconds between

Week 4:

4 sets of 10, rest 45 seconds between

-Rotate Between The 3 Exercise Routines Below

-Bonus - Perform 10 Core Ab Exercises Between Your Lifting Exercises

The Setup

The Warm-Up

- 6-8 mins of Cardio (Building in Intensity)
- 3-5 mins Mobilizing The Joints/Muscle Groups Being Used For The Workout

The Workouts

Chest/Shoulder/ Tricep

- 1 Machine Chest Press
- 2 Dumbbell Chest Press
- 3 Dumbbell Arnold Press
- 4 Cable Tricep Extension
- 5 Lateral Dumbbell Raise
- 6 1-min Plank Pushup Holds

- Perform Exercise For The Reps Of The Week You Are On Then Rest 45 Seconds.
- Complete The Number Of Sets Required For Each Exercise.
- Bonus - Perform 10 Core Ab Exercises Between Your Lifting Exercises

Month 3 Upper/Lower

- 1 Seated Machine Row
- 2 Lat Pulldown
- 3 Cable Standing Facepull
- 4 Dumbbell Upright Rows
- 5 Dumbbell Bicep Curls

Back/Biceps

- Perform Exercise For The Reps Of The Week You Are On Then Rest 45 Seconds.
- Complete The Number Of Sets Required For Each Exercise.
- Bonus - Perform 10 Core Ab Exercises Between Your Lifting Exercises

Legs

- 1 Seated Leg Press
- 2 Leg Extension
- 3 Leg Curls
- 4 Leg Abduction
- 5 Leg Adduction

- Perform Exercise For The Reps Of The Week You Are On Then Rest 45 Seconds.
- Complete The Number Of Sets Required For Each Exercise.
- Bonus - Perform 10 Core Ab Exercises Between Your Lifting Exercises