

# 12-Week Bodybuilding Workout Plan Inspired by Simeon Panda

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Full URL: <https://thefitnessphantom.com/workout-plan-inspired-by-simeon-panda-with-pdf>

This program focuses on strength and muscle building. It involves performing plenty of sets and reps with moderate to heavy weights.

It also includes all important compound exercises, such as deadlifts, bench presses, overhead presses, weighted dips, and pull-ups.

It is divided into three parts of 4 weeks, involving three different splits.

- Week 1-4: Combined Body Part Split
- Week 5-8: Body Part Split
- Week 9-12: Hybrid Split

The combined body part and hybrid split involves training two muscles per day and the body part split focuses on one muscle group.

All three splits are effective and will help you grow your strength and mass over time.

**Follow these warm-ups before lifting heavy:**

### **LEG DAY WARMUP**

- **Leg Swings:** 10-12 per leg, front-to-back and side-to-side
- **Walking Lunges:** 10 steps per leg, no weight.
- **Bodyweight Squats:** 10-15 reps, slow and controlled.
- **Bar-Only Squats:** 1 set of 10-12 reps
- **Squats (50% of Working Weight):** 1 set of 8-10 reps
- **Squats (75% of Working Weight):** 1 set of 8-10 reps

### **UPPER BODY WARMUP:**

- **Overhead Shoulder Pass-Through:**
- **Resistance Band Pulls Apart:**
- **Shoulder Adduction & Abduction (before shoulder workout):**
- **World's Greatest Stretch:**
- **Inchworm:**
- 1-2 sets of pressing exercises before push workouts exercises and rowing exercises before pull workouts.

**You can also explore the following exercises:**

- [14 Best Resistance Band Warm-up Exercises](#)
- [20 Best Dynamic Warm-Up Exercises](#)

# Week 1-4: Combined Body Part Split

This split allows you to [train two body parts a day](#), such as chest and back on Monday, legs and shoulders on Tuesday, and Triceps and Biceps on Wednesday.

It allows you to train your muscles (except arms) twice weekly and helps you gain strength and size.

## Here's the weekly split for the first four weeks:

- Day 1: Chest & Back
- Day 2: Legs & Shoulders
- Day 3: Arms
- Day 4: OFF
- Day 5: Chest & Back
- Day 6: Legs & Shoulders
- Day 7: OFF

## Day 1: Chest & Back

| Exercise                              | Sets | Reps    | Rest      |
|---------------------------------------|------|---------|-----------|
| 1A Pull-ups                           | 3    | 6-10    | 30-45 sec |
| 1B Push-ups                           | 3    | 12-15   | 30-45 sec |
| 2A High Cable Pulldown with D-Handles | 3    | 12-15   | 45-60 sec |
| 2B Cable Crossover                    | 3    | 10-12   | 45-60 sec |
| 3A Flat Bench Press                   | 3    | 10-12   | 60-90 sec |
| 3B Bent-over Barbell Rows             | 3    | 8-10    | 60-90 sec |
| 4A Incline DB Bench Press             | 3    | 10-12   | 45-60 sec |
| 4B Incline Prone DB Row               | 3    | 10-12   | 45-60 sec |
| 5A Dips/Incline Close Grip Push-ups   | 3    | 10-12   | 45-60 sec |
| 5B One-arm DB Row                     | 3    | 10/side | 45-60 sec |

## Day 2: Legs & Shoulders

| Exercise                                       | Sets | Reps               | Rest      |
|--|------|--------------------|-----------|
| Back Squats                                    | 6    | 15, 12, 10, 5, 1-2 | 2-4 mins  |
| <a href="#">Hammer Strength Overhead Press</a> | 5    | 12, 9, 6, 4, 4     | 2-3 mins  |
| <a href="#">Behind The Neck Barbell Press</a>  | 4    | 12, 10, 8, 6       | 45-60 sec |
| Machine/DB lateral Raises                      | 4    | 10-12              | 45-60 sec |
| Dumbbell Front Raises                          | 3    | 10-12              | 60-90 sec |

## Day 3: Arms

| Exercise                                  | Sets | Reps    | Rest     |
|---|------|---------|----------|
| Triceps Rope Press down                   | 5    | 12-15   | 1-2 mins |
| Alternating DB Hammer Curls               | 5    | 6-8/arm | 1-2 mins |
| <a href="#">Reverse Grip EZ Bar Curls</a> | 5    | 12-15   | 1-2 mins |
| <a href="#">High Cable Overhead Curl</a>  | 5    | 12-15   | 1-2 mins |

## Day 4: OFF

There is no lifting today, but I suggest doing some light cardio, such as brisk walking, stationary bike, etc.

## Day 5: Chest & Back

| Exercise                        | Sets | Reps      | Rest     |
|---------------------------------|------|-----------|----------|
| Flat Bench Press                | 6    | 8-12      | 2-3 mins |
| Incline Hammer Strength Press   | 5    | 6-10      | 2-3 mins |
| Cable Flyes                     | 5    | 10-12     | 2-3 mins |
| Bent-over Machine/DB Row        | 4    | 10-12     | 2-3 mins |
| Alternating Lat Pulldown        | 4    | 10/side   | 1-2 mins |
| Straight-arm Cable Lat Pullover | 4    | 10-12     | 1-2 mins |
| Calf Raises (Optional)          | 4    | 15-20     | 1-2 mins |
| Bicycling                       | 1    | 5-10 mins | -        |

## Day 6: Legs & Shoulders

| Exercise                    | Sets | Reps  | Rest     |
|-----------------------------|------|-------|----------|
| Goblet Squat                | 4    | 12-15 | 2-3 mins |
| 2A Leg Extensions           | 3    | 15-20 | 1-2 mins |
| 2B Seated DB Overhead Press | 3    | 10-12 | 1-2 mins |
| 3A Leg Curls                | 3    | 15-20 | 1-2 mins |
| 3B Upright Row              | 3    | 10-12 | 1-2 mins |
| 4A Calf Raises              | 3    | 15-20 | 1-2 mins |
| 4B Reverse Pec Deck Fly     | 3    | 10-12 | 1-2 mins |

## Day 7: OFF

Take a full day off.

# Week 5-8: Body Part Split

- **Day 1:** Chest
- **Day 2:** Legs
- **Day 3:** Back
- **Day 4:** OFF
- **Day 4:** Shoulders
- **Day 5:** Arms
- **Day 7:** OFF

## Day 1 – Chest

| Exercise               | Sets | Reps  | Rest     |
|------------------------|------|-------|----------|
| Flat Bench Press       | 6    | 6-10  | 2-3 mins |
| Incline Dumbbell Press | 6    | 6-10  | 2-3 mins |
| Cable Flyes            | 4    | 12-15 | 2-3 mins |
| Dumbbell Pullovers     | 4    | 10-12 | 2-3 mins |

**Tip:** If the dumbbell pullover is challenging, replace it with parallel bar dips.

## Day 2 – Legs

| Exercises            | Sets | Reps  | Rest     |
|----------------------|------|-------|----------|
| Barbell Squats       | 6    | 8-12  | 2-3 mins |
| Leg Press            | 6    | 12-15 | 2-3 mins |
| Leg Extensions       | 4    | 12-15 | 1-2 mins |
| Lying Leg Curls      | 4    | 12-15 | 1-2 mins |
| Standing Calf Raises | 4    | 15-20 | 1-2 mins |

**Tip:** Go deep on squats (if mobility allows) for max glute and quad activation.

## Day 3 – Back

| Exercise                    | Sets | Reps  | Rest     |
|-----------------------------|------|-------|----------|
| Bent-Over Barbell Rows      | 6    | 8-10  | 2-3 mins |
| Lat Pulldowns (Medium Grip) | 6    | 10-12 | 2-3 mins |
| Seated Cable Rows           | 4    | 10-12 | 2-3 mins |

|                 |   |         |          |
|-----------------|---|---------|----------|
| One-arm DB Rows | 4 | 10/side | 1-2 mins |
|-----------------|---|---------|----------|

**Tip:** Focus on driving your elbows to your sides to engage your lats fully during the pulldown.

## Day 4 – Shoulders

| Exercise                | Sets | Reps               | Rest     |
|-------------------------|------|--------------------|----------|
| Military Press          | 8    | 12, 10, 8, 8, 6, 6 | 2-3 mins |
| Dumbbell Lateral Raises | 6    | 12-15              | 2-3 mins |
| Dumbbell Front Raises   | 4    | 12-15              | 2-3 mins |
| Machine Rear Delt Flyes | 4    | 12-15              | 2-3 mins |

**Tip:** Keep weights moderate on raises and control over ego-lifting.

## Day 5 – Arms

| Exercise                      | Sets | Reps  | Rest     |
|-------------------------------|------|-------|----------|
| 1A Barbell Bicep Curls        | 4    | 10-12 | 1-2 mins |
| 1A Bar Dips                   | 4    | 10-12 | 1-2 mins |
| 2A Preacher Curls             | 4    | 10-12 | 1-2 mins |
| 2B Triceps Pushdowns          | 4    | 10-12 | 1-2 mins |
| 3A Hammer Curls               | 4    | 10-12 | 1-2 mins |
| 3B Overhead Triceps Extension | 4    | 12-15 | 1-2 mins |

**Tip:** Squeeze at the top of curls and pushdowns and control the eccentric phase.

# Week 9-12: Hybrid Split

- **Day 1:** Push (Chest + Triceps)
- **Day 2:** Pull (Back + Biceps)
- **Day 3:** Legs (Full Lower Body)
- **Day 4:** Shoulders + Traps
- **Day 5:** Arms (Biceps + Triceps)
- **Day 6:** Push/Pull Combo (Chest + Back)
- **Day 7:** OFF

## Day 1: Push (Chest + Triceps)

| Exercise                     | Sets | Reps  | Rest     |
|------------------------------|------|-------|----------|
| Incline Bench Press          | 6    | 8-12  | 2-3 mins |
| Flat Dumbbell Press          | 6    | 8-12  | 2-3 mins |
| Pec Deck Flyes               | 4    | 12-15 | 2-3 mins |
| 4A Overhead Tricep Extension | 4    | 10-12 | 1-2 mins |
| 4B Close-Grip Bench Press    | 4    | 10-12 | 1-2 mins |

## Day 2: Pull (Back + Biceps)

| Exercises               | Sets | Reps    | Rest     |
|-------------------------|------|---------|----------|
| Pull-Ups                | 4    | 6-10    | 1-2 mins |
| T-Bar Rows              | 6    | 10-12   | 2-3 mins |
| One-arm Dumbbell Rows   | 4    | 10/side | 1-2 mins |
| 4A Preacher Curls       | 4    | 12-15   | 1-2 mins |
| 4B Reverse EZ-Bar Curls | 4    | 12-15   | 1-2 mins |

## Day 3: Legs (Full Lower Body)

| Exercise            | Sets | Reps  | Rest     |
|---------------------|------|-------|----------|
| Front Squats        | 6    | 10-12 | 2-3 mins |
| Hack Squats         | 6    | 12-15 | 2-3 mins |
| Stiff-Leg Deadlifts | 4    | 10-12 | 2-3 mins |
| Seated Calf Raises  | 4    | 15-20 | 1-2 mins |

## Day 4: Shoulders + Traps

| Exercise               | Sets | Reps  | Rest     |
|------------------------|------|-------|----------|
| Seated Dumbbell Press  | 6    | 8-10  | 2-3 mins |
| Cable Lateral Raises   | 6    | 12-15 | 1-2 mins |
| Reverse Pec Deck Flyes | 4    | 12-15 | 1-2 mins |

|                |   |       |          |
|----------------|---|-------|----------|
| Barbell Shrugs | 4 | 10-12 | 2-3 mins |
|----------------|---|-------|----------|

## Day 5: Arms (Biceps + Triceps)

| Exercise            | Sets | Reps  | Rest     |
|---------------------|------|-------|----------|
| EZ-Bar Curls        | 4    | 10-12 | 1-2 mins |
| Skull Crushers      | 4    | 10-12 | 1-2 mins |
| Concentration Curls | 4    | 12-15 | 1-2 mins |
| Rope Pushdowns      | 4    | 12-15 | 1-2 mins |

## Day 6: Push/Pull Combo (Chest + Back)

| Exercise                   | Sets | Reps    | Rest      |
|----------------------------|------|---------|-----------|
| 1A Pull-ups                | 4    | Failure | 30-45 sec |
| 1B Bar Dips                | 4    | Failure | 30-45 sec |
| Decline Bench Press        | 4    | 10-12   | 1-2 mins  |
| <a href="#">Rack Pulls</a> | 4    | 8-10    | 2-3 mins  |
| Dumbbell Flyes             | 4    | 10-12   | 1-2 mins  |
| Face Pulls                 | 4    | 12-15   | 1-2 mins  |

# How to Train in The Subsequent Weeks?

## Increase The Load

Try to increase 5-10% load every week for three weeks, then deload in the fourth week and repeat this pattern till you can no longer increase weight. This progressively increasing load will help you grow both strength and size in the long run.

## Increase The Number of Sets

If the above thing isn't possible, try to increase the number of sets while unchanging the number of reps. It won't be as effective as load progression for building strength, but it will help you build mass.

## Integrate Drop Sets and Rest-Pause Reps

The standard rep-set approach is fine. However, if you want more from your training, you should integrate [drop-sets](#) and rest-pause reps to enhance your muscle growth.

## Swap Exercises

You should try a variety of exercises to hit every large to tiny muscle group if you want to build a symmetrical physique. For example, you should aim to include a combination of compound, isolation, and unilateral exercises to build your best shape.

## **Focus More on Weaker Body Parts**

Everyone has some weaker body parts that need special attention. So, try to fit some exercises for your weaker muscle groups so you can build a proportional physique.

## **Take Rest When Needed**

At the end of the day, your muscles need to recover to grow. So, when you feel exhausted from the previous workouts and your muscles are sore, I suggest taking a day off.

## **Who Can Follow This Workout Plan?**

This Simeon Panda workout plan is a challenging one and suitable for experienced lifters only (particularly people in their 20s and 30s) who want to increase their strength and size.

It is not for beginners as it involves performing plenty of reps and sets and can hurt them.

If you follow this routine, make sure you eat nutritious meals, rest properly, and listen to your body. Rest when you feel exhausted, take appropriate rest between sets, and make the necessary adjustments according to your needs.

# Nutrition Tips for Those Follow This Routine

Consume 5-6 meals daily, packed with lean protein (chicken, fish, eggs), complex carbs (oats, sweet potatoes, rice), and healthy fats (avocado, nuts). Roughly 1g of protein per pound of body weight.

Healthy meals help recover damaged muscles faster. Simeon said post-workout protein and carbs are non-negotiable because muscles need amino acids to rebuild and glycogen to restock.

## Meal Samples for Muscle Building

- **Breakfast:** 4-6 Egg Whites + 2 Whole Eggs: Scrambled or omelet-style (30g protein). 1 Cup Oats: Cooked with water, maybe a handful of blueberries or almonds (50g carbs, 5-10g fat).
- **Lunch:** 8 oz Grilled Chicken Breast (50-60g protein), 1-1.5 cups Brown Rice or Sweet Potato (50-70g carbs), and steamed veggies: Broccoli, asparagus, or spinach (micronutrients, low calories).
- **Dinner:** Ground beef with corn, brown rice, green peas, and beans
- **Pre-Workout:** Protein Bar and Banana
- **Post Workout:** Whey Protein Isolates, Chicken breast with sweet potato.
- Stay well-hydrated throughout the day.
- It is just a sample. I encourage you to make your own diet plan.

## Helpful Resources:

1. [70 Barbell Exercises by Muscle Group](#)
2. [Ultimate List of Dumbbell Exercises by Muscle Group](#)
3. [35 Best Smith Machine Exercises for Building Muscle](#)
4. [List of 55 Best Compound Exercises](#)
5. [The Ultimate List of Isolation Exercises](#)

## Recommended Products:

1. [Optimum Nutrition Platinum Hydrowhey Protein Powder](#)
2. [Cellucor C4 Sport Pre Workout Powder](#)

## Related Program:

1. [7-Day \*\*Davis\*\* Diley Workout Plan \(Full Guide w/ PDF\)](#)
2. [6-Day Ramon Dino Workout Routine for Muscle & Strength](#)
3. [David Laid Workout Plan for Strength & Mas](#)