

# 12-Week Workout Plan for Teenage Girls to Get Fit at Home

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If you are a teenager, you should consider working out. It is the best way to get in shape and stay healthy.

Research suggests that regular physical activity in childhood and adolescence helps to build and maintain a healthy and active life in the future.<sup>1</sup>

So, it is crucial to do some moderate to vigorous exercise during your teenage years to keep yourself fit, strong, and healthy.

# What Kind of Workouts Can Teenage Girls Do?

From strength training in the gym to bodyweight and **resistance band exercises** at home, all kinds of workouts a teenage girl can do.

However, I recommend starting with **bodyweight exercises** as they help build fundamental fitness and prepare you for **weight training in the gym**.

With your body weight, you can do muscle-building as well as **cardio exercises** to enhance your overall fitness.

In addition to body weight, teenagers should also perform resistance band exercises at home to **build lean mass and basic strength**.

**Here are the basic workouts teenage girls can do at home:**

1. Bodyweight Strength Workout
2. Low Impact Cardio
3. Endurance or **Zone2 Cardio**
4. Resistance Band Exercises

# 12-Week Workout Plan for Teenage Girls to Get Fit at Home

|                  |  |
|------------------|--|
| Split Type       | Upper-lower, Hybrid, and Full-body             |
| Workout Type     | Bodyweight and Resistance Band                 |
| Program Duration | 12 Weeks                                       |
| Workouts/Week    | 4-5 Days a week                                |
| Duration/Workout | 30-45 minutes                                  |
| Program Goal     | Improve Fundamental Fitness and Shape Physique |
| Target Gender    | Female   |
| Target Age Group | 13-19 Years                                    |

This program involves performing bodyweight and resistance band exercises four to five times a week. I've divided the 12 weeks into three phases, four weeks each.

During the first phase, you'll follow an upper-lower split workout involving two upper-body and two lower-body workouts per week.

From the fifth to eighth weeks, you'll do a hybrid split. The hybrid split combines some upper and lower body muscles on each training day and exercises four times weekly.

The last phase involves three days of workouts to gain strength and lean mass and two days for improving cardiovascular fitness.

- **Week 1 to 4:** Upper Lower Split
- **Week 5 to 8:** Hybrid Training Split
- **Week 9 to 12:** Full Body Cardio and Strength Training

Whether you're 13 or 19, the combination of all these splits will ultimately help you achieve a strong, athletic, and well-shaped physique over time

**Warm-up:** Start your sessions with this quick 2-3 minute warm-up so your body temperature can increase, and your muscles get ready for the main workout:

- Ankle Hops: 15-sec x 3 sets
- Jumping Jacks: 15-sec x 3 sets
- Mountain Climbers: 15-sec x 3 sets
- Squat Jump: 5 reps x 3 sets

## Week 1 to 4 – Upper Lower Split

The first four weeks involve training the upper and lower body twice each week. They include basic bodyweight and resistance band exercises that will strengthen your base and prepare you for the next phase.

- Monday – Upper Body Workout
- Tuesday – Legs and Glutes
- Wednesday – OFF
- Thursday – Upper Body Workout
- Friday – Legs and Glutes
- Saturday – OFF
- Sunday – OFF

## Monday – Upper Body

| Exercise              | Activity         | Rest b/w sets |
|-----------------------|------------------|---------------|
| Kneeling Push-up      | 10 reps x 3 sets | 45-second     |
| Incline Push-up       | 10 reps x 3 sets | 1-minute      |
| Shoulder Tap          | 10/side x 3 sets | 45-second     |
| Banded Overhead Press | 10 reps x 3 sets | 1-minute      |
| Banded Single-arm Row | 10 reps/side x 3 | 45-second     |
| Forearm Plank         | 30-sec x 2 sets  | 45-second     |

## Tuesday – Lower Body

| Exercise                | Activity            | Rest b/w sets |
|-------------------------|---------------------|---------------|
| Goblet Squat            | 10 reps x 3 sets    | 1-minute      |
| Front Lunges            | 10 per leg x 3 sets | 45-second     |
| Hip Bridge              | 10 reps x 4 sets    | 45-second     |
| Banded RDL              | 5 reps x 4 sets     | 1-minute      |
| Glute Kickback          | 5/side x 3 sets     | 45-second     |
| <b>Banded Clamshell</b> | 6/side x 3 sets     | 45-second     |

## Thursday – Upper Body

| Exercise                      | Activity         | Rest b/w sets |
|-------------------------------|------------------|---------------|
| <b>Lying IYT Raises</b>       | 10 reps x 3 sets | 1-minute      |
| <b>Chair Dips</b>             | 15 reps x 3 sets | 1-minute      |
| <b>Superman Pull</b>          | 12 reps x 3 sets | 1-minute      |
| <b>Narrow Pushup on Knees</b> | 10 reps x 3 sets | 1-minute      |
| Flutter Kicks                 | 15-sec x 3 sets  | 45-second     |
| Alternating Heel Taps         | 10 taps/side x 3 | 45-second     |

## Friday – Lower Body

| Exercise                     | Activity                           | Rest b/w sets |
|------------------------------|------------------------------------|---------------|
| <b>Suitcase Deadlift</b>     | 10 reps x 3 sets                   | 1-minute      |
| Wall Sit                     | 5 reps with 5-second hold x 3 sets | 1-minute      |
| Side Lunges                  | 10 reps per side x 3               | 1-minute      |
| <b>1-leg Banded Leg Curl</b> | 10 reps per leg x 3                | 1-minute      |
| Bodyweight Frog Pump         | 10-12 reps x 3 sets                | 45-second     |

|                                |                     |           |
|--------------------------------|---------------------|-----------|
| <b>Leaning Wall Calf Raise</b> | 10 reps per leg x 3 | 45-second |
|--------------------------------|---------------------|-----------|

## Week 5 to 8 – Hybrid Training Split

This involves mixing upper and lower body muscle groups on each training day. For example, on Monday, chest, quads, and arms; on Tuesday, back, shoulder, and hamstrings; and on Thursday, glutes and abs.

It's an excellent way to focus on every muscle throughout the body and helps build a strong and toned physique.

- Monday – Back, Biceps, and Hamstrings
- Tuesday – Chest, Triceps, and Glutes
- Wednesday – OFF
- Thursday – Shoulder and Quads
- Friday – Glutes and Abs
- Saturday – OFF
- Sunday – OFF

### Monday – Back, Biceps, and Hamstrings

| Exercise                             | Activity             | Rest      |
|--------------------------------------|----------------------|-----------|
| Banded Lat Pull-down                 | 15 reps x 3 sets     | 1-minute  |
| <a href="#">Banded Seated Rowing</a> | 15 reps x 3 sets     | 1-minute  |
| <a href="#">Banded Superman Pull</a> | 10 reps x 3 sets     | 1-minute  |
| Concentration Curl                   | 10 reps/arm x 2      | 45-second |
| Single-arm Hammer curl               | 10 reps/arm x 2      | 45-second |
| Banded Romanian Deadlift             | 8-10 reps x 3 sets   | 1-minute  |
| 1-leg Resistance Band Leg Curl       | 10 reps/leg x 3 sets | 45-second |

## Tuesday – Chest, Triceps, and Glutes

| Exercise                | Activity         | Rest      |
|-------------------------|------------------|-----------|
| Incline Push-ups        | 10 reps x 3 sets | 1-minute  |
| Banded Floor Press      | 10 reps x 3 sets | 1-minute  |
| Standing Chest Press    | 10 reps x 3 sets | 1-minute  |
| 1-arm Triceps Extension | 10/side x 2 sets | 45-second |
| Bench Dips              | 15 reps x 2 sets | 1-minute  |
| Single-leg Glute Bridge | 10/side x 3 sets | 45-second |
| Banded Glute Kickback   | 10/side x 3 sets | 45-second |

## Thursday – Shoulder and Quads (Superset)

| Exercise                                  | Activity           | Rest     |
|---|--------------------|----------|
| <b>Overhead Press</b> + Prisoner Squat    | 10 reps x 2-3 sets | 1-minute |
| <b>Lateral Delt Raises</b> + Front Lunges | 10 reps x 2-3 sets | 1-minute |
| Reverse Fly + Frog Squat                  | 10 reps x 2-3 sets | 1-minute |
| Front Raises + <b>Banded Leg Press</b>    | 10 reps x 2-3 sets | 1-minute |

## Friday – Glutes and Abs

| Exercise                | Activity         | Rest      |
|-------------------------|------------------|-----------|
| Pop Squat               | 10 reps x 3 sets | 1-minute  |
| Frog Pump               | 10 reps x 3 sets | 1-minute  |
| Glute Bridge            | 10 reps x 3 sets | 45-second |
| <b>Prone Glute Curl</b> | 5 reps x 3 sets  | 45-second |
| Mountain Climber        | 15-sec x 3 sets  | 30-second |
| Reverse Crunches        | 10 reps x 3 sets | 30-second |
| Forearm Plank           | 30-sec x 3 sets  | 30-second |

# Week 9 to 12 – Full Body Training

The final phase of this program involves training five times weekly, three sessions for strength and muscle gain, and two for increasing your cardiovascular fitness.

- **Monday** – Strength Training
- **Tuesday** – Low-Intensity Cardio
- **Wednesday** – Strength Training
- **Thursday** – Endurance Cardio
- **Friday** – OFF
- **Saturday** – Muscle-building Workout
- **Sunday** – OFF

## Monday – Strength Training

| <b>Exercise</b>        | <b>Activity</b>  | <b>Rest</b> |
|------------------------|------------------|-------------|
| Standard Pushups       | 10 reps x 3 sets | 1-minute    |
| Banded Deadlift        | 10 reps x 3 sets | 1-minute    |
| Overhead Press         | 10 reps x 3 sets | 1-minute    |
| Bench Dips             | 10 reps x 3 sets | 1-minute    |
| Banded Superman Pull   | 10 reps x 3 sets | 1-minute    |
| Deep Squat Calf Raises | 10 reps x 3 sets | 1-minute    |
| <b>Long Leg March</b>  | 10/leg x 3 sets  | 1-minute    |

## Tuesday – Low-Intensity Cardio

Perform exercises between 40-60 percent of your maximum heart rate.

| Exercise           | Activity              | Rest      |
|--------------------|-----------------------|-----------|
| Jumping Jacks      | 15-sec work x 3 sets  | 30-second |
| Mountain Climber   | 15-sec x 3 sets       | 30-second |
| Flutter Kicks      | 15-sec x 3 sets       | 15-second |
| Shoulder Taps      | 10 taps/side x 3 sets | 30-second |
| High Knees Taps    | 10 taps/side x 3 sets | 30-second |
| No Push-up Burpees | 10 reps x 3 sets      | 45-second |
| Forearm Plank      | 45-second x 3 sets    | 1-minute  |

## Wednesday – Strength Training

| Exercise                      | Activity           | Rest      |
|-------------------------------|--------------------|-----------|
| Lateral Band Walks            | 30-second x 3 sets | 30-second |
| Resistance Band Squat         | 15 reps x 3 sets   | 1-minute  |
| Triangle Push-up              | 10 reps x 3 sets   | 1-minute  |
| Banded Lat Pulldown           | 15 reps x 3 sets   | 1-minute  |
| <b>Banded Rear Delt Raise</b> | 10/side x 3 sets   | 1-minute  |
| Glute Kickback                | 10/side x 3 sets   | 1-minute  |
| <b>Banded Fire Hydrant</b>    | 10/side x 3 sets   | 45-second |

## Thursday – Endurance Cardio

Perform exercises between 60-80 percent of your maximum heart rate.

| Exercise              | Activity              | Rest      |
|-----------------------|-----------------------|-----------|
| Squat Jump            | 10 reps x 4 sets      | 30-second |
| Sprinting in a Place  | 15-second x 4 sets    | 45-second |
| Mountain Climber      | 15-second x 4 sets    | 30-second |
| Side Plank Hip Dip    | 10 reps/side x 4 sets | 30-second |
| Shadow Boxing Punches | 15-second x 4 sets    | 30-second |
| Burpees (no jump)     | 10 reps x 4 sets      | 1-minute  |

## Saturday – Muscle-building Workout

| Exercise                       | Activity             | Rest      |
|--------------------------------|----------------------|-----------|
| Lying IYT Raises               | 10 reps x 3 sets     | 45-second |
| Side Lunges                    | 10 reps/leg x 3 sets | 45-second |
| Banded Floor Press             | 15 reps x 3 sets     | 1-minute  |
| One-arm Triceps Extension      | 10 reps/arm x 3 sets | 45-second |
| Banded Bent-Over Row           | 15 reps x 3 sets     | 1-minute  |
| 1-leg Resistance Band Leg Curl | 10 reps/leg x 3 sets | 1-minute  |
| Bodyweight Frog Pump           | 15 reps x 3 sets     | 45-second |

## Helpful Resources:

- [Rear Delt Exercises](#)
- [Bodyweight Push Exercises](#)
- [Bodyweight Pull Exercises](#)

- [Bodyweight Lat Exercises](#)
- [Hamstring Exercises](#)
- [Bodyweight Exercises for Arms](#)
- [Total Body Workouts for Beginners](#)
- [Bodyweight Exercises For Back](#)
- [Bodyweight Exercises for Shoulder](#)
- [Resistance Loop Band Triceps Exercises](#)
- [10 Best Banded Bicep Exercises](#)
- [Resistance Arms and Chest Band Workouts](#)
- [Resistance Bands Core Workout](#)
- [20 Best Resistance Band Door Exercises](#)
- [10 Resistance Band Exercises for Back and Shoulders](#)

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