

# The Ultimate 12 Week Body Transformation Workout Plan to Get from Lean to Muscular

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Full URL: <https://thefitnessphantom.com/12-week-body-transformation-workout-plan-with-free-pdf>

This comprehensive 12-week body transformation workout plan is for those who want to build muscles and transform their physique from lean to muscular.

This workout program will be challenging and require great effort, but it will ultimately help you achieve your best physique over time.

Workout Goal	Transform from Lean to Muscular
Frequency	4 days a week
Duration/session	75-90 minutes
Split Type	Full-body, PPL, Body Part, & Hybrid
Exercise Type	Resistance Weight Training
Experienced Require	Beginner to Intermediate
Program Duration	12 Weeks

Target Gender	Males (Females can try this <a href="#">routine</a> )
Alternate Plan	<a href="#">Body Recomposition from Fat to Fit</a>

It involves popular training splits, such as push-pull-legs, upper-lower, full-body, and muscle-group splits, allowing you to train your muscles effectively while keeping you interested in lifting weights.

### Here's how you going to train throughout the 12 weeks:

- **Week 1:** Full-Body Split
- **Week 2:** Full-Body Split
- **Week 3:** Upper/Lower Split
- **Week 4:** Upper/Lower Split
- **Week 5:** Push, Pull, Legs (PPL)
- **Week 6:** Push, Pull, Legs (PPL)
- **Week 7:** Hybrid Split
- **Week 8:** Hybrid Split
- **Week 9:** Hybrid Split
- **Week 10:** Muscle Group Split
- **Week 11:** Muscle Group Split
- **Week 12:** Muscle Group Split

The [full-body](#) training involves targeting all major muscle groups in each session. It is a time-efficient way to get more work done in less time without putting much stress on a single muscle group. <sup>1, 2</sup>

The [upper/lower split](#) and [PPL](#) involve training the upper and the lower muscle groups in separate sessions. They allow you to focus on upper and lower body parts more effectively and will help you build strength and mass.

The hybrid split involves combining upper and lower body parts and often includes supersets and tri-sets to target the muscles in a time-efficient manner.

And the [Bro-split](#) or single-muscle group split involves focusing on one body part a day. It is easy to follow and allows you to work on improving symmetry and muscle definition.

The combination of multiple training splits in this transformation gym workout program will keep you engaged and help you develop strength and hypertrophy over time.

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**Before you start, keep the following things in mind:**

- Increase the loads when you decrease the repetitions.
- Do each rep in a controlled manner by engaging your working muscles efficiently.
- Whether you lift light or heavy, make sure you feel the full contraction and try to reach failure in each set.
- Keep increasing load over time to stimulate strength and mass growth.
- The plus (+) sign indicates superset. Know more [about Superset](#).
- When the number of sets and reps is overwhelming, lower it according to your needs.

# Week 1 – Full Body Workout

You'll train four times during this week – three days of weight training and one day of cardio.

## Schedule for the first and second week:

- **Monday:** Full Body Workout
- **Tuesday:** OFF
- **Wednesday:** Full Body Workout
- **Thursday:** OFF
- **Friday:** Full Body Workout
- **Saturday:** Cardio
- **Sunday:** OFF

## Monday – Weight Training

Exercise	Target Muscles	Sets	Reps
Kettlebell Swings	Shoulder & Legs	3	15-20
Dumbbell Squat	Quads	3	15-20
Pull-ups + Dips (superset)	Upper Body	3	Failure
Leg Extension + Lateral Raises	Shoulder & Legs	3	10-15
Barbell Curl + Bar Pushdown	Arms	3	10-15
Incline Treadmill Walk	Full Body	1	6-min

## Wednesday – Weight Training

Exercise	Target Muscles	Sets	Reps
Resistance Band Deadlift	Lower Body	3	10-15
Lat Pulldown + Leg Curl	Back & Legs	3	12-15
Overhead Press + Calf Raises	Shoulder & Legs		10-15

Pec Deck Fly + Cable Crunches	Chest & Abs		8-10/side x 2
<a href="#">1-arm DB Row</a> + <a href="#">Knee Raises</a>	Back and Abs		12, 10, 8

## Friday – Weight Training

Exercise	Target Muscles	Sets	Reps
<a href="#">Weighted Push-up</a>	Chest	3	10-15
<a href="#">Dumbbell Step Up</a>	Legs	3	10/leg
<a href="#">Incline IYT Raises</a>	Shoulder	3	6-8
<a href="#">Seated Cable Rowing</a>	Back	3	12-15
<a href="#">Seated Pec Deck Fly</a>	Chest	3	12-15
Reverse Lunges	Legs	3	10/leg
High to Low Cable Chop	Abs	3	10/side

## Saturday – Cardio

Perform at your own pace.

Exercise	Duration	Rest
Incline Treadmill Walk	10-15 minutes	3-minute
Stationary Bike	5-10 minutes	3-minute
Battle Rope	5 sets of 15-30 secs	2-minute
Jumping Rope	5 sets of 50 jumps	3-minute
Ab Wheel Rollout	3 sets of 5-10 reps	2-minute

# Week 2 – Total Body Workout

## Monday – Strength Training

Exercise	Target Muscles	Sets	Reps
Kettlebell Swings	Legs & Shoulder	3	15-20
Dumbbell Push Press	Shoulder	3	8-12
Leg Press	Quads	3	12-15
Incline Prone DB Row	Back	3	10-15
Reverse Pec Fly	Rear Delt & Trap	3	10-15
Dips + Chin-ups	Chest & Arms	3	Failure

## Wednesday – Strength Training

Exercise	Target Muscles	Sets	Reps
<a href="#">Flat Bench Press</a>	Chest	3	12-15
Close Grip Pulldown	Back	3	12-15
<a href="#">DB Romanian Deadlift</a>	Hamstrings	3	8-10
Seated Lateral Raises	Shoulder	3	10-12
<a href="#">Shoulder Shrug</a>	Upper Back	3	10-12
Calf Raises	Calves	3	15-20
<a href="#">Cable Bicycle Crunch</a>	Abdominals	3	10/side

## Friday – Strength Training

Exercise	Target Muscles	Sets	Reps
Pull-ups (Assisted/Self)	Back	3	Failure
Conventional Deadlift	Full Body	4	6-10
Seated Machine Fly	Chest	3	12-15
Hack Squat	Legs	3	12-15
Seated Leg Curl	Legs	3	12-15
<a href="#">Elevated Plank DB Row</a>	Back	3	10/side

Overhead Extension + Hammer Curl	Arms	3	12-15
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## Saturday – Cardio

Exercise	Duration	Rest
Incline Treadmill Walk	15-20 minutes	3-minute
Stationary Bike	5-10 minutes	3-minute
Battle Rope	5 sets of 15-30 secs	2-minute
<a href="#">Low Impact Cardio</a>	20 minutes	–

# Week 3 – Upper/Lower Split

The third week is based on the upper-lower split and involves lifting weights five times weekly with three sessions for the torso and two for the legs.

The upper body day involves training two to [three muscle groups a day](#) while you train your entire legs on each lower body day.

## Weekly schedule for 3rd and 4th week:

- **Monday:** Upper Body
- **Tuesday:** Lower Body
- **Wednesday:** Upper Body
- **Thursday:** Active Recovery Day
- **Friday:** Lower Body
- **Saturday:** Upper Body
- **Sunday:** OFF

You can do the cardio of your choice on active recovery days to enhance your cardiovascular fitness.

## Monday – Upper Body

Exercises	Target Muscles	Sets	Reps
Incline Dumbbell Press	Chest	3	12, 10, 8
Machine/Cable Fly	Chest	3	16, 14, 12
Lateral Raises	Shoulder	3	12, 10, 10
Reverse Pec Fly	Shoulder	3	12, 10, 10

Parallel Bar Dips	Triceps	3	Failure
Bar Pushdown	Triceps	3	20, 16, 12
Cable Crunches	Abdominals	3	15-20

## Tuesday – Lower Body

Workout	Target Muscles	Sets	Reps
Leg Extension	Quads	3	15-20
Leg Press	Quads	3	12-15
Walking Lunges	Legs	3	8/leg
Leg Curl	Hamstrings	3	15-20
Hip Thrust	Glutes	3	10-12
Calf Raises	Calves	3	15-20

## Wednesday – Upper Body

Workout	Target Muscles	Sets	Reps
Pull-ups (Assisted/Self)	Back	3	Failure
Conventional Deadlift	Back	3	6-10
Close Grip Pulldown	Back	4	10-12
Seated Cable Rowing	Back	4	10-12
Shoulder Shrug	Shoulder	3	10-12
<a href="#">Barbell Curl</a> + Knee Raises	Biceps & Ab	4	10-15

## Friday – Lower Body

Workout	Target Muscles	Sets	Reps
Step Up	Legs	2	10/leg
Back/Hack Squat	Quads	4	10-15
Reverse Lunges	Legs	3	10/leg
Cable Pull Through	Glutes	4	10-12
Calf Raises	Calves	3	15-20
Hip Abduction	Adductors	3	15-20

## Saturday – Upper Body

Exercise	Target Muscles	Sets	Reps
Military Press	Shoulder	3	10-15
<a href="#">Seated FDL Raises</a>	Shoulder	3	6-8

Pec Deck Fly	Chest	3	12-15
Cable Face Pull	Upper Back	3	10-12
Upright Row	Delts & Traps	3	10-12
Chin-ups + Bench Dips	Arms	4	6-12

## Week 4 – Upper/Lower Split

### Monday – Upper Body

Exercises	Target Muscles	Sets	Reps
Incline Dumbbell Press	Chest	3	12, 10, 8
Machine/Cable Fly	Chest	3	16, 14, 12
Lateral Raises	Shoulder	3	12, 10, 10
Reverse Pec Fly	Shoulder	3	12, 10, 10
Parallel Bar Dips	Triceps	3	Failure
Bar Pushdown	Triceps	3	20, 16, 12
Cable Crunches	Abdominals	3	15-20

### Tuesday – Lower Body

Workout	Target Muscles	Sets	Reps
Leg Extension	Quads	3	15-20
Leg Press	Quads	3	12-15
Walking Lunges	Legs	3	8/leg
Leg Curl	Hamstrings	3	15-20
Hip Thrust	Glutes	3	10-12
Calf Raises	Calves	3	15-20

### Wednesday – Upper Body

Workout	Target Muscles	Sets	Reps
Pull-ups (Assisted/Self)	Back	3	Failure
Conventional Deadlift	Back	3	6-10

Close Grip Pulldown	Back	4	10-12
Seated Cable Rowing	Back	4	10-12
Shoulder Shrug	Shoulder	3	10-12
Barbell Curl + Knee Raises	Biceps & Ab	4	10-15

## Friday – Lower Body

Workout	Target Muscles	Sets	Reps
Step Up	Legs	2	10/leg
Back/Hack Squat	Quads	4	10-15
Reverse Lunges	Legs	3	10/leg
Cable Pull Through	Glutes	4	10-12
Calf Raises	Calves	3	15-20
Hip Abduction	Adductors	3	15-20

## Saturday – Upper Body

Exercise	Target Muscles	Sets	Reps
Military Press	Shoulder	3	10-15
Seated FDL Raises	Shoulder	3	6-8
Pec Deck Fly	Chest	3	12-15
Cable Face Pull	Upper Back	3	10-12
Upright Row	Delts & Traps	3	10-12
Chin-ups + Bench Dips	Arms	4	6-12

# Week 5 – Push, Pull, Legs (PPL)

The fifth and sixth week involves splitting training sessions into push, pull, and leg workouts.

With this split, you can hammer each muscle group twice per week, one time with a moderate rep range and the other time with a lower rep range (heavyweight sets).

## Weekly Schedule for the 5th & 6th week:

- **Monday:** Push Workout A
- **Tuesday:** Pull Workout A
- **Wednesday:** Legs Workout A
- **Thursday:** Push Workout B
- **Friday:** Pull Workout B
- **Saturday:** Leg Workout B
- **Sunday:** Rest

## Monday – Push Workout A

Workout	Target Muscles	Sets	Reps
Incline Bench Press	Chest	3	12-15
Seated Chest Press	Chest	3	12-15
Seated Pec Fly	Chest	3	12-15
Parallel Bar Dips	Pecs & Tris	3	10-20
Lateral Raises	Shoulder	3	12-15
Skull Crusher	Triceps	3	12-15

Pushdown	Triceps	3	12-15
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## Tuesday – Pull Workout A

Workout	Target Muscles	Sets	Reps
Pull-ups	Back	3	Failure
Pulldown (Overhand Grip)	Back	3	12-15
Machine Row (Close Grip)	Back	3	12-15
Straight-arm Lat Pullover	Back	3	12-15
Reverse Fly / Face Pull	Upper Back	3	12-15
Preacher Curl	Biceps	3	12-15
Cable Crunches	Abdominals	3	15-20

## Wednesday – Leg Workout A

Workout	Target Muscles	Sets	Reps
Lunges	Legs	2	8/leg
Leg Extension	Quads	4	15-20
Hack Squat	Quads	4	12-15
Leg Curl	Hamstrings	4	15-20
Cable Pull Through	Glutes	4	10-12
Calf Raises	Calves	4	15-20

## Thursday – Push Workout B

Workout	Target Muscles	Sets	Reps
Flat Bench Press	Chest	3-4	6-8
Incline DB Bench Press	Chest	3-4	6-8
Bent-over Cable Fly	Chest	3-4	8-10
Military Press	Shoulder	3-4	6-8
Overhead Extension	Triceps	3-4	8-10

## Friday – Pull Workout B

Workout	Target Muscles	Sets	Reps
Conventional Deadlifts	Back	4	5-6
Single-arm DB Row	Back	3	6/arm
Lat Pulldown (Close Grip)	Back	3	8-10
T-Row (Pronated Grip)	Back	3	8-10
Barbell Curl	Biceps	3	8-10
Cable Bicycle Crunches	Abdominals	3	10/arm

## Saturday – Leg Workout B

Workout	Target Muscles	Sets	Reps
Back Squat	Legs	4	6-8
Leg Press	Quads	4	6-8
Reverse Lunges	Quads	4	6/arm
Hip Thrust	Hamstrings	4	8-10

# Week 6 – Push, Pull, Legs (PPL)

## Monday – Push Workout A

Workout	Target Muscles	Sets	Reps
Incline Bench Press	Chest	3	12-15
Seated Chest Press	Chest	3	12-15
Seated Pec Fly	Chest	3	12-15
Parallel Bar Dips	Pecs & Tris	3	10-20
Lateral Raises	Shoulder	3	12-15
Skull Crusher	Triceps	3	12-15
Pushdown	Triceps	3	12-15

## Tuesday – Pull Workout A

Workout	Target Muscles	Sets	Reps
Pull-ups	Back	3	Failure
Pulldown (Overhand Grip)	Back	3	12-15
Machine Row (Close Grip)	Back	3	12-15
Straight-arm Lat Pullover	Back	3	12-15
Reverse Fly / Face Pull	Upper Back	3	12-15
Preacher Curl	Biceps	3	12-15
Cable Crunches	Abdominals	3	15-20

## Wednesday – Leg Workout A

Workout	Target Muscles	Sets	Reps
Lunges	Legs	2	8/leg
Leg Extension	Quads	4	15-20
Hack Squat	Quads	4	12-15
Leg Curl	Hamstrings	4	15-20
Cable Pull Through	Glutes	4	10-12

Calf Raises	Calves	4	15-20
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## Thursday – Push Workout B

Workout	Target Muscles	Sets	Reps
Flat Bench Press	Chest	3-4	6-8
Incline DB Bench Press	Chest	3-4	6-8
Bent-over Cable Fly	Chest	3-4	8-10
Military Press	Shoulder	3-4	6-8
Overhead Extension	Triceps	3-4	8-10

## Friday – Pull Workout B

Workout	Target Muscles	Sets	Reps
Conventional Deadlifts	Back	4	5-6
Single-arm DB Row	Back	3	6/arm
Lat Pulldown (Close Grip)	Back	3	8-10
T-Row (Pronated Grip)	Back	3	8-10
Barbell Curl	Biceps	3	8-10
Cable Bicycle Crunches	Abdominals	3	10/arm

## Saturday – Leg Workout B

Workout	Target Muscles	Sets	Reps
Back Squat	Legs	4	6-8
Leg Press	Quads	4	6-8
Reverse Lunges	Quads	4	6/arm
Hip Thrust	Hamstrings	4	8-10

# Week 7 – Hybrid Split

You'll train three muscle groups daily (a combination of upper and lower body split) from the 7th to 9th week.

## Weekly Schedule for the 7th, 8th, and 9th Week:

- **Monday:** Chest, Shoulder, and Hamstrings
- **Tuesday:** Back, Abs, and Calves
- **Wednesday:** Quads, Arms, and Glutes
- **Thursday:** Chest, Shoulder, and Hamstrings
- **Friday:** Back, Abs, and Calves
- **Saturday:** Quads, Arms, and Glutes
- **Sunday:** Rest

## Monday – Chest, Shoulder, and Hamstrings

Exercises	Sets	Reps
Pec Deck Fly	2	15-20
Incline Bench Press	4	8-10
<a href="#">High-to-Low Cable Fly</a>	4	10-12
Front Delt Raises	3	10-12
Lateral Raises + Leg Curl	4	12-15

## Day 2 – Back, Abs, and Calves

Exercises	Sets	Reps
Pull-ups	4	6-12
Close Grip Pulldown	3	10-12
Chest Supported DB Rows	3	10-12

T-Bar Row (Overhand Grip)	3	10-12
Calf Raises + <a href="#">L-Hang Hold</a>	4	20/15-sec
Knee Raises + Cable Crunches	3	10-20

## Day 3 – Quads, Arms, and Glutes

Exercises	Sets	Reps
Landmine Squat	3	15-20
Leg Extension + Preacher Curl	3	12-15
Leg Press + Triceps Pushdown	3	12-15
Hip Thrust + DB Skull Crushers	3	10-12

## Day 4 – Chest, Shoulder, and Hamstrings

Exercises	Sets	Reps
Seated Chest Press	3	15-20
Incline Bench Press	3	12-15
30-degree Incline Cable Fly	3	12-15
Seated FDL Raises	3	8-10
Rear Delt Fly + <a href="#">Lying Leg Curl</a>	4	10-12

## Day 5 – Back, Abs, and Calves

Exercises	Sets	Reps
Single-arm Cable Pulldown	3	10/side
Bent-over Barbell Row	3	10-12
Lat Machine Row	3	10-12
Cable Face Pull	3	12-15
<a href="#">Low Back Extension</a> + High-to-Low Chop	2	10-12
Single-leg Calf Raises + Cable Bicycle Crunch	2	10/side

## Day 6 – Quads, Arms, and Glutes

Exercises	Sets	Reps
Back Squat	4	8-12
Reverse Lunges + Hammer Curl	2	10/leg
Step-up + <a href="#">Reverse Barbell Curl</a>	2	10/leg

Hack Squat + <a href="#">Crossbody Tricep Extension</a>	2	12-15
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## Week 8 – Hybrid Split

### Monday – Chest, Shoulder, and Hamstrings

Exercises	Sets	Reps
Single-arm Cable Chest Press	3	10/side
Incline Hammer Press	3	10-12
Seated Pec Deck Fly	4	10-12
Overhead Dumbbell Press	3	10-12
Lateral Raises + Leg Curl	4	12-15

### Day 2 – Back, Abs, and Calves

Exercises	Sets	Reps
Standard Deadlift/Pull-ups	4	6-10
<a href="#">Pulldown (Medium &amp; Neutral Grip)</a>	4	10-12
Single-arm Cable Row	3	10/side
Low Back Extension	3	10-12
Calf Raises + Ab Wheel Rollout	4	10-12
Knee Raises + Cable Crunches	3	10-20

### Day 3 – Quads, Arms, and Glutes

Exercises	Sets	Reps
DB Lateral Squat	3	10/leg
Leg Extension + Incline DB Curl	3	12-15
Hack Squat + Triangle Push-ups	3	12-15
Hip Thrust + <a href="#">DB Tate Press</a>	3	10-12

## Day 4 – Chest, Shoulder, and Hamstrings

Exercises	Sets	Reps
Seated Chest Press	3	15-20
Incline Bench Press	3	12-15
30-degree Incline Cable Fly	3	12-15
Seated FDL Raises	3	8-10
Rear Delt Fly + Lying Leg Curl	4	10-12

## Day 5 – Back, Abs, and Calves

Exercises	Sets	Reps
Single-arm Cable Pulldown	3	10/side
Bent-over Barbell Row	3	10-12
Lat Machine Row	3	10-12
Cable Face Pull	3	12-15
Low Back Extension + High-to-Low Chop	2	10-12
Single-leg Calf Raises + Cable Bicycle Crunch	2	10/side

## Day 6 – Quads, Arms, and Glutes

Exercises	Sets	Reps
Back Squat	4	8-12
Reverse Lunges + Hammer Curl	2	10/leg
Step-up + Reverse Barbell Curl	2	10/leg
Hack Squat + Crossbody Triceps Extension	2	12-15

# Week 9 – Hybrid Split Workout

## Monday – Chest, Shoulder, and Hamstrings

Exercises	Sets	Reps
Pec Deck Fly	2	15-20
Incline Bench Press	4	8-10
High-to-Low Cable Fly	4	10-12
Front Delt Raises	3	10-12
Lateral Raises + Leg Curl	4	12-15

## Day 2 – Back, Abs, and Calves

Exercises	Sets	Reps
Pull-ups	4	6-12
Close Grip Pulldown	3	10-12
Chest Supported DB Rows	3	10-12
T-Bar Row (Overhand Grip)	3	10-12
Calf Raises + L-Hang Hold	4	20/15-sec
Knee Raises + Cable Crunches	3	10-20

## Day 3 – Quads, Arms, and Glutes

Exercises	Sets	Reps
Landmine Squat	3	15-20
Leg Extension + Preacher Curl	3	12-15
Leg Press + Triceps Pushdown	3	12-15
Hip Thrust + DB Skull Crushers	3	10-12

## Day 4 – Chest, Shoulder, and Hamstrings

Exercises	Sets	Reps
Deficit Push-ups	3	15-20
Incline Hammer Press	3	12-15
Bent-over Cable Fly	3	12-15
<a href="#">Incline IYT Raises</a>	3	8-10
Face Pull + <a href="#">Hamstrings March</a>	4	10-12

## Day 5 – Back, Abs, and Calves

Exercises	Sets	Reps
Standing Cable Lat Pullover	3	10/side
Single-arm Cable Row	3	10-12
Bent-over Barbell Row	3	10-12
Close grip T Row	3	12-15
Seated Calf Raises + Hanging Knee Raises	3	10-15
1-leg Calf Raises + Cable Bicycle Crunch	2	10/side

## Day 6 – Quads, Arms, and Glutes

Exercises	Sets	Reps
Walking Lunges	3	10/leg
Landmine Squat	3	12-15
Reverse Hack Squat	3	12-15
Hip Thrust + Concentration Curl	3	12-15
Chin-ups + Bench or Bar Dips	3	8-12

# Week 10 – Bro Split Workout

In the final three weeks of the body transformation training program, you'll focus on a single-muscle group in each session. It will allow you to work on your weaknesses, bring out muscle definition, and improve your symmetry.

## Weekly schedule for the 10th, 11th, and 12th week:

- **Monday:** Chest
- **Tuesday:** Back
- **Wednesday:** Legs
- **Thursday:** Shoulder
- **Friday:** Biceps and Core
- **Saturday:** Triceps and Core

## Day 1 – Chest

Exercises	Sets	Reps
Flat Bench Press	4	6-10
Incline Bench Press	4	10-12
Incline Cable Fly	3	10-15
Bar Dips	3	10-15
DB Squeeze Press	3	12-15

## Day 2 – Back

Exercises	Sets	Reps
Pull-ups	3-4	Failure
Lat Pulldown	3-4	10-12

Bent Over/Prone Row	3-4	10-12
Close Grip T Row	3-4	10-12
1-arm High Cable Row	3-4	10/side
<a href="#">Low Machine Row</a>	3-4	10-12

## Day 3 – Legs

Exercises	Sets	Reps
Dumbbell Lunges	2	10/leg
Barbell Back Squat	4	10-12
Machine Leg Press	4	10-12
Leg Curl	4	15-20
Barbell Hip Thrust	3	10-12
Calf Raises	4	15-20

## Day 4 – Shoulder

Exercises	Sets	Reps
Military Press	3	10-12
DB Front Raises	3	8/side
Lateral Raise	3	10-12
Bent-over Lateral Raise	3	10-12
Cable Face Pull	3	10-12
Shoulder Shrug	3	10-12

## Day 5 – Biceps and Core

Exercises	Sets	Reps
Chin-ups	3	Failure
Barbell Curl	3	10-12
Incline DB Curl	3	10-12
Concentration Curl	3	10/arm
Hammer Curl	3	10-12
Reverse Curl	3	10-12

<a href="#">H2L Cable Woodchop</a>	3	10/side
Cable Bicycle Crunches	3	10/side
Hanging Knee Raises	3	10-20

## Day 6 – Triceps and Core

Exercises	Sets	Reps
Parallel Bar Dips	3	Failure
Skull Crusher	3	12-15
Cable Overhead Extension	3	12-15
Rope/Bar Pushdown	3	12-15
Triceps Kickback	3	10/arm
Ab Wheel Rollout	3	8-10
Decline Crunches	3	10-20
Cable Reverse Crunches	3	10-20

# Week 11 – Muscle Group Split

## Day 1 – Chest

Exercises	Sets	Reps
Single-arm Cable Press	3	10/side
Incline Bench Press	4	10-12
Bent-over Cable Fly	3	10-15
Pec Deck Fly	3	10-15
Deficit Push-ups	3	12-15

## Day 2 – Back

Exercises	Sets	Reps
Standard Deadlift	3-4	Failure
Neutral Grip Pulldown	3-4	10-12
Prone Grip Pulldown	3-4	10-12
Seated Cable Row	3-4	10-12
Standing Lat Pullover	3-4	10/side
Single-arm DB Row	3-4	10-12

## Day 3 – Legs

Exercises	Sets	Reps
Reverse Lunges	2	10/leg
Hack Squat	4	10-12
Leg Press	4	10-12
Leg Curl	4	15-20
Cable Pull Through	3	10-12
Calf Raises	4	15-20

## Day 4 – Shoulder

Exercises	Sets	Reps
75-degree Incline Seated Press	3	10-12
Single-arm Cable Lateral Raises	3	8/side
Barbell Upright Row	3	10-12
Reverse Pec Deck Fly	3	10-12
Barbell Front Raises	3	10-12
Barbell Shrug	3	10-12

## Day 5 – Biceps and Core

Exercises	Sets	Reps
Chin-ups	3	Failure
Preacher Curl	3	10-12
Spider Curl	3	10-12
High Cable Curl	3	10/arm
Cable Hammer Curl	3	10-12
Wrist Extension	3	10-12
H2L Cable Woodchop	3	10/side
Cable Bicycle Crunches	3	10/side
Hanging Knee Raises	3	10-20

## Day 6 – Triceps and Core

Exercises	Sets	Reps
Triangle Push-ups	3	Failure
Close Grip Bench Press	3	12-15
Single-arm Overhead Extension	3	12-15
Pushdown Triceps Extension	3	12-15
Ab Wheel Rollout	3	8-10
Decline Crunches	3	10-20
Cable Reverse Crunches	3	10-20

# Week 12 – One Body Part a Day Split

## Day 1 – Chest

Exercises	Sets	Reps
Flat Bench Press	4	6-10
Incline Bench Press	4	10-12
Incline Cable Fly	3	10-15
Bar Dips	3	10-15
DB Squeeze Press	3	12-15

## Day 2 – Back

Exercises	Sets	Reps
Pull-ups	3-4	Failure
Lat Pulldown	3-4	10-12
Bent Over/Prone Row	3-4	10-12
Close Grip T Row	3-4	10-12
1-arm High Cable Row	3-4	10/side
<a href="#">Low Machine Row</a>	3-4	10-12

## Day 3 – Legs

Exercises	Sets	Reps
Dumbbell Lunges	2	10/leg
Barbell Back Squat	4	10-12
Machine Leg Press	4	10-12
Leg Curl	4	15-20
Barbell Hip Thrust	3	10-12
Calf Raises	4	15-20

## Day 4 – Shoulder

Exercises	Sets	Reps
Military Press	3	10-12
DB Front Raises	3	8/side
Lateral Raise	3	10-12
Bent-over Lateral Raise	3	10-12
Cable Face Pull	3	10-12
Shoulder Shrug	3	10-12

## Day 5 – Biceps and Core

Exercises	Sets	Reps
Chin-ups	3	Failure
Barbell Curl	3	10-12
Incline DB Curl	3	10-12
Concentration Curl	3	10/arm
Hammer Curl	3	10-12
Reverse Curl	3	10-12
H2L Cable Woodchop	3	10/side
Cable Bicycle Crunches	3	10/side
Hanging Knee Raises	3	10-20

## Day 6 – Triceps and Core

Exercises	Sets	Reps
Parallel Bar Dips	3	Failure
Skull Crusher	3	12-15
Cable Overhead Extension	3	12-15
Rope/Bar Pushdown	3	12-15
Triceps Kickback	3	10/arm
Ab Wheel Rollout	3	8-10
Decline Crunches	3	10-20
Cable Reverse Crunches	3	10-20

# Instructions and Tips to Follow This Program Effectively

## 1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matters a lot.

For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

## 2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

You can use [cardio machines](#) or perform [bodyweight aerobic exercises](#) (not stretching), such as squat jumps, burpees, and jumping jacks for 5 minutes to get ready.

### **3. Post-workout Stretching**

Research shows that post-workout stretching helps reduce muscle soreness. So, it's best to perform some [stretching exercises](#) after intense training.<sup>3</sup>

### **4. How much should you lift?**

You can lift as heavy as possible as long as you perform the suggested reps and sets with the right form.

### **5. The optimal rest time between exercises**

The rest time between sets can be sixty seconds to four minutes, depending on what type of exercises you do. For example, if you do [compound liftings](#) you need to take 3-4 minutes of break and if you do [isolation exercises](#), the rest time would be 1-3 minutes.

### **6. Train When You Feel the Most Active**

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

### **7. Progress Your Level**

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

## 8. If You're a Beginner

It is best to focus on form instead of weight for the first couple of months. Once you gain strength and learn the right form, you can progress your workout. You can also start with the [one-hour program](#).

## 9. Post Workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good food and supplements after the training will enhance your results.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (this is only an example; a nutritionist can help you better in this case).

## 10. Keep yourself hydrated

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research shows that it helps prevent uneasiness and injuries and boosts performance.<sup>4</sup>

# Is it Possible to Transform Your Physique in 12 Weeks?

It is not possible to transform your physique in twelve weeks. Building muscles takes time, typically from six months to two years depending on how your body responds, how consistent you are, and what you consume to recover and build your muscles.

A study published by the International Journal of Exercise Science has shown that intermediate lifters gained approximately 2.2 pounds of lean mass after eight weeks of resistance training.<sup>5</sup>

So, if you've been working out for a while, you can expect a 2-3 pound gain in two months, and if you are a beginner, you can expect more muscle growth in your initial training period.

Three months may not be enough for muscle building, but it can help you achieve noticeable results if you follow this transformation workout plan properly. If you see muscle growth, you can continue further.

## 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](#)

“The reader does not steal, and the thief does not read.”

## References

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5. Thomas MH, Burns SP. [Increasing Lean Mass and Strength](#): A Comparison of High-Frequency Strength Training to Lower Frequency Strength Training. *Int J Exerc Sci*. 2016;9(2):159-167. Published 2016 Apr 1.