

12-Month Muscle Building Workout Plan Build a Jacked Body

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

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Program Summary

Frequency/Week	4-6 Days
Duration/Session	60-75 minutes
Split Type	Upper Lower, PPL, Hybrid & Bro Split
Workout Goal	Strength & Muscle Building
Workout Difficulty	Beginner to Intermediate
Target Gender	Male & Female
Target Age Group	16-35 years
Program Duration	12 Months

This 12-month muscle-building program involves training four to six times weekly for 60-75 minutes per workout.

It includes multiple training splits, such as push-pull-legs (PPL), upper-lower, hybrid, and single-muscle group splits.

PPL split involves performing push, pull, and leg exercises in separate sessions.

The upper lower involves splitting up the torso and leg exercises so you can equally focus on strengthening your legs and upper body muscles.

The hybrid split involves combining the upper and lower body muscle groups in the same sessions and helps develop strength, mass, endurance, and flexibility.

The bro split or single muscle group split involves training one body part a day. It allows you to work on your weak body parts efficiently and improve your muscle definition and symmetry.

Let's take a quick view of the complete 12-month schedule:

- **Month 1:** Full Body Split
- **Month 2:** Combined Body Part Split
- **Month 3:** Upper Lower Split
- **Month 4:** Push Pull Leg Split
- **Month 5:** Single Muscle Group Split
- **Month 6:** Hybrid Training
- **Month 7:** Full Body Split
- **Month 8:** Combined Body Part Split
- **Month 9:** Upper Lower Split
- **Month 10:** Push Pull Leg Split
- **Month 11:** Single Muscle Group Split
- **Month 12:** Hybrid Training

This program involves 2-3 days of rest at the end of each month. This rest period will help you recover your muscles efficiently and prepare your body for the next month's training.

Month 1 – Full Body Split

Monday – Hypertrophy Workout

Workout	Sets	Reps	Muscle
Dumbbell Front Squat	3	15-20	Quads
Front Lat Pulldown	3	10-12	Back
Seated Pec Deck Fly	3	12-15	Chest

Lateral Raises	3	12-15	Shoulder
Leg Curl	3	15-20	Hamstrings
Cable Crunches	3	20-25	Abdominals
7A Biceps Curls	3	12-15	Biceps
7B Pressdown	3	12-15	Triceps

Wednesday – Strength Workout

Workout	Sets	Reps	Muscle
Deadlift	5	5	Full Body
Bench Press	5	5	Chest
Overhead Press	5	5	Shoulder
Leg Press	5	5	Legs

*Perform back squats instead of Deadlifts in this month's second and fourth week.

Friday – Hypertrophy Workout

Workout	Sets	Reps	Muscle
1A Pull-ups	3	6-8	Back & Biceps
1B Bar Dips	3	10-15	Chest & Tris
2A Chest Supported Row	3	10-12	Back
2B High-to-Low Cable Fly	3	12-15	Chest
Bulgarian Split Squat	3	6-8/leg	Lower Body
Leg Extension	4	15-20	Quads
High to Low Cable Chop	3	10-12	Obliques

Saturday – Cardio Workout

Workout	Sets	Time/Reps	Muscle
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Jumping Jacks	3	15-second	Full Body
Mountain Climber	3	15-second	Abdominal
1-arm Kettlebell Swing	3	20/side	Shoulder
DB Clean and Press	3	10-12	Full Body
DB Shadow Punches	3	15-second	Full Body
Jumping Rope	-	5 minutes	Full Body

Month 2 – Combined Body Part Split

Day 1 – Chest and Triceps

Exercises	Sets	Reps
Flat Bench Press	3	10-12
Incline DB Bench Press	4	8-12
Pec Deck Fly	4	12-15
Parallel Bar Dips	4	10-15
Triceps Pushdown	3	12-15
Overhead Triceps Extension	3	12-15

Day 2 – Quads, Glute, and Calves

Exercise	Sets	Reps
Leg Extension	4	15-20
Back / Hack Squat	4	12-15
Machine Leg Press	3	12-15
Barbell Hip Thrust	3	10-12
Cable Pull Through	3	10-12
Standing Calf Raises	4	15-20

Day 3 – Back, Biceps, and Forearms

Exercises	Sets	Reps
Prone Grip Pulldown	2	12-15
Neutral Grip Pulldown	2	12-15
Close Grip Pulldown	2	12-15
Seated Cable Rowing	4	10-12
Single-arm DB Row	3	10/side
Barbell Curl	3	12-15
Concentration Curl	3	10/arm
Wrist Curl	3	12-15

Day 4 – Shoulder, Hamstring, and Core

Exercise	Sets	Reps
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Seated Dumbbell Press	3	10-12
1-arm Cable Lateral Raises	4	12/side
Rear Delt Machine Fly	4	12-15
Shoulder Shrug	3	10-12
DB Romanian Deadlift	3	8-10
Seated Leg Curl	4	15-20
7A Knee Raises	3	15-20
7B Cable Crunch	3	15-20

Month 3 – Upper Lower Split

- Monday – Chest and Triceps
- Tuesday – Quads, Hamstrings, & Calves
- Wednesday – Back and Biceps
- Friday – Quad, Hammies, and Glutes
- Saturday – Shoulder and Core

Monday – Chest and Triceps

Workout	Sets	Reps
Incline DB Bench Press	4	10-12
Pec Deck Machine Fly	3	12-15
Bent-over Cable Fly	3	10-12
Parallel Bar Dips	4	10-12
EZ Bar Skull Crusher	3	10-12
1-arm Crossbody Pressdown	3	12/arm
1-arm Overhead Extension	3	12/arm

Tuesday – Quads, Hamstrings, & Calves

Workout	Sets	Reps
Back Squat	4	10-12
Machine Leg Press	4	12-15
Leg Extension	4	15-20
Leg Curl	4	15-20
Standing SM Calf Raises	4	15-20

Wednesday – Back and Biceps

Workout	Sets	Reps
Pullup/Assisted PU	3	6-12
Medium Grip Pulldown	3	10-12
Seated Cable Rowing	3	12-15
Close Grip T Bar Row	3	12-15
Standing Lat Pullover	3	10-12

Incline Dumbbell Curl	3	10-12
DB Hammer Curl	3	10-12

Friday – Quad, Hammies, and Glutes

Workout	Sets	Reps
Landmine Squat	3	15-20
Hack Squat	3	12-15
Step-up	3	10/leg
Romanian Deadlift	3	10-12
Machine Leg Curl	3	15-20
Barbell Hip Thrust	3	10-12

Saturday – Shoulder and Core

Workout	Sets	Reps
Overhead Press	4	12-15
Lateral Raises	4	12-15
Rear Delt DB Fly	4	12-15
Barbell Shrug	3	10-12
5A Hanging Knee Raises	3	10-15
5B Cable High to Low Chop	2	10/side
Kneeling Cable Crunches	3	15-20
Forearm Plank	2	60-sec

Month 4 – Push Pull Leg Split

Day 1 – Push Workout

Push Exercises	Target Muscles	Sets	Reps
Flat Bench Press	Chest	4	6-10
Incline DB Press	Chest	4	6-10
Military Press	Shoulder	4	6-10
Weighted Bar Dips	Upper Body	4	6-10
Triceps Pushdown	Triceps	4	8-12

Day 2 – Pull Workout

Pull Exercises	Muscles	Sets	Reps
Weighted Pullups	Back	4	4-8
Bent-over Row	Back	4	6-10
Lat Pulldown	Back	4	6-10
Seated Machine Row	Back	4	6-10
Barbell Curl	Biceps	4	6-10

Day 3 – Leg

Exercises	Muscles	Sets	Reps
Back Squat	Quadriceps	4	6-10
Smith Machine Lunges	Lower Body	3	5/side
Dumbbell RDL	Hamstring	3	6-8
Leg Curl	Hamstring	3	10-12
Hip Thrust	Posterior Chain	3	8-10

Day 4 – Push Workout

Push Exercises	Target Muscles	Sets	Reps
Incline Bench Press	Chest	3	12-16
Pec Deck Fly	Chest	3	12-16
Bent-over Cable Fly	Chest	3	12-16
DB Overhead Press	Shoulder	3	12-16
Dumbbell FDL Raises	Shoulder	3	6-8

1-arm Overhead Extension	Triceps	3	15/arm
1-arm Crossbody Pushdown	Triceps	3	15/arm

Day 5 – Pull Workout

Pull Exercises	Target Muscles	Sets	Reps
Pullups	Back	4	Failure
Close Grip Pulldown	Back	3	12-16
Chest Supported DB Row	Back	3	12-16
Machine/Cable Lat Pullover	Back	3	12-16
Face Pull	Back	3	12-16
Shrug	Trapezius	3	10-12
Preacher Curl	Biceps	3	12-16
Reverse Curl	Biceps	3	12-16

Day 6 – Leg and Abs

Exercises	Target Muscles	Sets	Reps
Leg Extension	Quads	4	15-20
Leg Press	Quads	4	12-16
Leg Curl	Hamstrings	4	15-20
Bulgarian Split Squat	Lower Body	3	10/leg
5A Cable Crunches	Abs	3	15-20
5B Knee Raises	Abs	3	15-20
6A High to Low Cable Chop	Oblique	3	10/side
6B Ab Wheel Rollout	Core	3	8-10

Month 5 – Single Muscle Group Split

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

Day 1 – Chest

Workout	Sets	Reps
Flat Bench Press	3	10-12
Incline DB Bench Press	4	10-12
Bent-over Cable Fly	4	12-15
Dumbbell Pullover	3	10-12
Parallel Bar Dips	3	10-12

Day 2 – Legs

Workout	Sets	Reps
Leg Extension + Leg Curl (warm-up)	2	15-20
Smith Machine Back Squat	4	10-20
Leg Press	3	15-20
Leg Extension	3	15-20
Machine Leg Curl	3	15-20
Barbell Hip Thrust	3	10-12

Day 3 – OFF

Day 4 – Back

Workout	Sets	Reps
Deadlift	4	6-8

Pullups	4	6-10
Lat Pulldown	3	12-15
Close Grip Pulldown	3	12-15
Seated Rowing	4	12-15
Single-arm Row	3	10/side

Day 5 – Shoulder

Workout	Sets	Reps
Overhead Press	4	10-12
Lateral Raises	4	12-15
Rear Delt Fly	4	12-15
Upright Row	3	10-12
Barbell Shrug	3	10-12

Day 6 – Arms

Workout	Sets	Reps
1A Skull Crusher	3	12-16
1B Preacher Curl	3	12-16
2A Bar Pushdown	3	12-16
2B Incline DB Curl	3	10-12
3A One-arm Overhead Extension	3	10/side
3B Hammer Curl	3	10-12
4A Bench Dips	3	12-15
4B Reverse Biceps Curls	3	10-12

Month 6 – Hybrid Training

- **Day 1:** Chest, Triceps, and Abs
- **Day 2:** Back, Biceps, and Forearms
- **Day 3:** Quads, Calves, & Shoulders
- **Day 4:** Chest Triceps, and Abs
- **Day 5:** Back, Biceps, and Forearms
- **Day 6:** Shoulders, Hamstrings, and Glutes
- **Day 7:** OFF

Day 1 – Chest, Triceps, and Core

Exercise	Sets	Reps
Flat Bench Press	3	12-14
Incline DB Bench Press	4	10-12
Pec Deck Fly	4	12-16
Parallel Bar Dip	3	10-20
4A Skull Crusher	3	12-14
4B Cable Crunches	3	16-20
5A Triceps Pushdown	3	12-14
5B Hanging Knee Raises	3	16-20

Day 2 – Back, Biceps, and Forearms

Exercise	Sets	Reps
Pull-Ups	3	6-12
Bent-Over Row	3	12-14
Single-arm Lat Pulldown	3	10/side
Single-arm Cable Rowing	3	10/side
Standing Barbell Curl	3	12-14
Hammer Curl	3	15/arm
Dumbbell Wrist Curl	3	15/arm

Day 3 – Quads, Calves, & Shoulders

Exercise	Sets	Reps
1A Alternating Front Raises	3	6-8/side
1B Leg Extension	3	15-20
2A Machine Leg Press	3	12-16
2B One-arm Lateral Raises	3	10-12/side
3A Hack Squat	3	15-20
3B Rear Delt Fly	3	12-14
4A Standing Calf Raises	3	15-20
4B Upright Row	3	10-12

Day 4 – Chest, Triceps, and Abs

Exercise	Sets	Reps
Flat Bench Press	4	6-8
Incline DB Bench Press	4	6-8
Bent-over Cable Fly	3	6-8
Weighted Pushup	3	6-8
5A Triceps Pushdown	3	10-12
5B Cable Crunches	3	15-20
6A 1-arm Overhead Extension	3	10/arm
6B Cable Oblique Chop	3	10/side

Day 5 – Back, Biceps, and Forearms

Exercise	Sets	Reps
Deadlifts	5	6-8
Close Grip Lat Pulldown	3	8-10
Seated Cable/Machine Row	3	8-10
Single-arm Dumbbell Row	2	8/side
Incline Dumbbell Curl	3	10-12
Reverse Barbell Curl	3	10-12

Day 6 – Shoulders, Hamstrings, and Glutes

Exercise	Sets	Reps
Smith Machine Overhead Press	4	6-10

Seated FDL Raises	3	6-10
Barbell Shrug	3	6-10
Seated Leg Curls	4	6-8
Cable Pull Through	4	15-20
Hip Thrust	4	10-12

Day 7 – Rest/Recovery Day

Take a full body off to let your muscles recover completely from previous workouts. Then, repeat the same schedule in the following weeks.

Month 7 – Full Body Workout

Day 1 – Monday

Exercise	Target Muscles	Sets	Reps
Bar Dips	Chest	4	10-15
Chin-ups	Biceps	4	8-12
Lateral Raises	Shoulder	3	10-12
T-Bar Row	Back	3	12-15
Calf Raises	Calves	4	15-20

Day 2 – Tuesday

Exercise	Target Muscles	Sets	Reps
Dumbbell Push Press	Shoulder	3	10-12
Standing Cable Fly	Chest	3	12-15
Seated Cable Rowing	Back	3	12-15
Seated Leg Curl	Hamstrings	3	15-20
Cable Crunches	Abdominals	3	15-20

Day 3 – Thursday

Exercise	Target Muscles	Sets	Reps
Deadlift Off Blocks/Rack Pulls	Full Body	4	6-8
Incline Bench Press	Chest	3	10-12
Close Grip Lat Pulldown	Back	3	12-15
Cable Face Pull	Upper Back	3	12-15
Concentration Curl	Biceps	3	10/arm

Day 4 – Saturday

Exercise	Target Muscles	Sets	Reps
Back Squat	Legs	4	10-12
DB Lunges	Legs	3	10/leg
Pull-ups	Back	3	6-12
KB Clean & Press	Full Body	3	8-10
Bar Pushdown	Triceps	3	15-20

Reverse Barbell Curl	Forearms	3	12-14
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Month 8 – Combined Body Part Split

- **Day 1:** Chest, Lateral Delt, and Triceps
- **Day 2:** Quads, Calves, & Abs
- **Day 3:** Back, Rear Delt, & Biceps
- **Day 4:** OFF
- **Day 5:** Chest, Hamstrings, Glutes, & Oblique
- **Day 6:** Back and Shoulder
- **Day 7:** OFF

Day 1 – Chest, Lateral Delt, & Triceps

Workout	Sets	Reps
Flat Bench Press	4	8-12
Incline Dumbbell Bench Press	4	10-12
Pec Deck Fly	3	12-15
Parallel Bar Dips	3	10-15
One-arm Cable Lateral Raise	4	10/arm
Rope Pushdown	3	12-15
1-arm Overhead Triceps Extension	2	10/arm

Day 2 – Quads, Calves, and Abs

Workout	Sets	Reps
Back Squat	4	12-15
Leg Press	4	12-15
Leg Extension	4	15-20
Standing Calf Raises	4	15-20
10-min Abs Workout	–	–

Day 3 – Back, Rear Delt, & Biceps

Workout	Sets	Reps
Pullup	4	6-12
Straight-arm Cable Pullover	4	12-15
Chest Supported DB Row	4	12-15
Single-arm Dumbbell Row	4	10/side
Reverse Cable Fly	4	10-12
Barbell Bicep Curl	3	12-15
Concentration Curl	3	10/side

Day 4 – Chest, Hamstrings, Glutes, & Oblique

Workout	Sets	Reps
1A Incline Bench Press	4	10-12
1B Seated Leg Curl	4	12-14
2A High to Low Cable Fly	3	15-20
2B Romanian Deadlift	3	10-12
Hip Thrust	4	10-12
Cable Wood Chop (H2L)	3	10/side
Landmine Oblique Twist	3	10/side

Day 5 – Back and Shoulder

Workout	Sets	Reps
Smith Machine Overhead Press	4	12-14
Incline IYT Raises	3	6-8
Close Grip Lat Pulldown	4	12-14
T-Bar Row	4	12-14
Dumbbell Shrug	4	10-12
Low Back Extension	3	12-16

Month 9 – Upper Lower Split

- **Day 1:** Chest and Triceps
- **Day 2:** Back, Biceps, and Rear Delts
- **Day 3:** Legs Workout
- **Day 4:** Chest and Triceps
- **Day 5:** Back, Biceps, and Rear Delts
- **Day 6:** Legs Workout
- **Day 7:** OFF
- **Repeat**

Day 1 – Chest and Triceps

Exercises	Sets	Reps
Dumbbell Bench Press	3-4	6-8
Singe-arm Cable Chest Press	3-4	6-8
Parallel Bar Dips	3-4	8-12
Kaz Press	3-4	8-12
Cable Overhead Triceps Extension	2-3	8-12
One-arm Crossbody Cable Press down	2-3	8-12

Day 2 – Back, Biceps, and Rear Delts

Exercises	Sets	Reps
Single-arm Cable Rows (Middle Lats)	3	8-10
One-arm Cable Rows (Lower Lats)	3	8-10
Incline Chest Supported DB Row	3	8-10
Incline Rear Delt Dumbbell Row	2	8-15
Cable Reverse Fly	3	8-15
Neutral Grip Cable Shrug	3	8-12
Plate Curl w/dropset	2	8-10
Single-arm Dumbbell Curl	2	8-10

Day 3 – Legs Workout

Exercises	Sets	Reps
Hack Squat	3	8-10
2A Leg Extension	3	10-12
2B Sissy Squat	3	Max
Split Stance DB RDL	3	8-10/leg
Seated Leg Curl	3	10-12
Standing Calf Raises	3	8-10

Day 4 – Chest and Triceps

Exercises	Sets	Reps
Smith Machine Incline Bench Press	4	8-10
Singe-arm Cable Chest Press	3	8/arm
Flat Dumbbell Bench Press	3	8-12
Dumbbell Skull Crusher	3	10-12
Cross Cable Triceps Extension	3	10-12

Day 5 – Back, Biceps, and Rear Delts

Exercises	Sets	Reps
1A Incline DB Row	3	8-10
1B Incline DB Shrug	3	10-12
Medium Hammer Grip Pulldown	3	8-12
Seated Cable Row	3	10-12
Straight-arm Cable Pulldown	3	10-12
Single-arm Rear Delt Fly	2	10-12
EZ Bar Cable Curl	3	10-12
1-arm Crossbody Hammer Curl	2	10/side

Day 6 – Legs Workout

Exercises	Sets	Reps
Stiff Leg Deadlift	3	6-8
Seated Leg Curl	4	10-12
Split Squats	3	6-8
4A Leg Extension	3	10-12

4B Sissy Squat	3	Max
5A Standing Calf Raises	3	10-12
5B Cable Face Away Crunch	3	10-12

Month 10 – Push Pull Leg Split

- **Day 1:** Push Workout
- **Day 2:** Pull Workout
- **Day 3:** Legs and Abs
- **Day 4:** Push Workout
- **Day 5:** Pull Workout
- **Day 6:** Legs and Abs
- **Day 7:** REST

Day 1 – Push Workout (Strength)

Push Exercises	Target Muscles	Sets	Reps
Flat Bench Press	Chest	4	6-8
Incline DB Press	Chest	4	6-8
Military Press	Shoulder	4	6-8
Weighted Bar Dips	Upper Body	4	6-8
Triceps Pushdown	Triceps	3	10-12

Day 2 – Pull Workout (Strength)

Pull Exercises	Target Muscles	Sets	Reps
Bent-Over Barbell Row	Back	4	6-8
Weighted Pullups	Back	4	4-8
Lat Pulldown	Back	4	6-8
Seated Machine Row	Back	4	6-8
Barbell Curl	Biceps	3	6-8

Day 3 – Leg and Abs (Strength)

Exercises	Muscles	Sets	Reps
Back Squat	Quads	4	6-8
Leg Press	Quads	4	6-8
Smith Machine Lunges	Legs	3	6/leg
Hip Thrust	Glutes	3	8-10

Hanging Knee Raise	Abs	3	10-20
H2L Cable Chop	Oblique	3	10/side
Forearm Plank	Core	3	1-minute

Day 4 – Push Workout (Hypertrophy)

Push Exercises	Target Muscles	Sets	Reps
Incline Bench Press	Chest	3	12-15
Pec Deck Fly	Chest	3	15-20
Bent-over Cable Fly	Chest	3	12-15
DB Overhead Press	Shoulder	3	12-15
Dumbbell FDL Raises	Shoulder	3	6-8
1-arm Overhead Extension	Triceps	3	12/arm
1-arm Crossbody Pushdown	Triceps	3	12/arm

Day 5 – Pull Workout (Hypertrophy)

Pull Exercises	Target Muscles	Sets	Reps
Pullups	Back	3	6-12
Close Grip Pulldown	Back	3	12-15
Chest Supported T-Row	Back	3	12-15
Machine/Cable Lat Pullover	Back	3	12-15
Face Pull	Upper Back	3	12-15
Upright Row/Shrug	Trapezius	3	12-15
Preacher Curl	Biceps	3	12-15

Day 6 – Leg and Abs (Hypertrophy)

Exercises	Target Muscles	Sets	Reps
Leg Extension	Quads	3	15-20
Leg Curl	Hamstrings	3	15-20
Bulgarian Split Squat	Lower Body	3	10/leg
Low Back Extension	Posterior Chain	3	15-20
5A Cable Crunches	Abs	3	15-20
5B Knee Raises	Abs	3	15-20
Ab Wheel Rollout	Abs	3	6-8

Month 11 – Single Muscle Group Split

- **Day 1:** Chest
- **Day 2:** Legs
- **Day 3:** Back
- **Day 4:** Shoulder
- **Day 5:** Biceps & Abs
- **Day 6:** Triceps & Abs
- **Day 7:** OFF

Day 1 – Chest

Exercises	Sets	Reps
Flat Bench Press	3-4	10-15
Incline DB Bench Press	3-4	10-15
Seated Peck Fly	3-4	10-15
Bent-Over Cable Fly	3-4	10-15
Parallel Bar Dips	3-4	10-15

Day 2 – Legs

Exercises	Sets	Reps
Back Squat	4	10-12
Leg Press	3	10-12
Leg Extension	4	15-20
Smith Machine Lunges	2	10/leg
Leg Curl	4	15-20
Calf Raises	4	15-20

Day 3 – Back

Exercises	Sets	Reps
Pullups	4	6-12
Front Lat Pulldown	4	12-15
Seated Cable Rowing	4	12-15

Bent-over Barbell Row	4	12-15
Single-arm DB Row	3	10/side

Day 4 – Triceps & Abs

Exercises	Sets	Reps
Triangle Pushups	3	15-20
Skull Crusher	3	12-15
Bar Pushdown	3	12-15
One-arm Overhead Extension	3	10/arm
Cable Triceps Kickback	3	10/arm
Hanging Knee Raises	3	15-20
Cable Crunches	3	15-20

Day 5 – Shoulder

Exercises	Sets	Reps
Military Press	4	12-15
One-arm Lateral Raises	4	12/side
Rear Delt Row	3	10-12
Reverse Pec Deck Fly	3	12-15
DB/Barbell Shrug	3	10-12

Day 6 – Biceps & Abs

Exercises	Sets	Reps
Chin-ups	3	8-12
Preacher Curl	3	12-14
Incline Dumbbell Curl	3	10-12
Single-arm Cable Curl	3	10/side
Hammer Curl	3	12-14
High to Low Cable Chop	3	15/side
Ab Wheel Rollout	3	8-10

Month 12 – Hybrid Training

- **Day 1:** Chest, Triceps, & Quads
- **Day 2:** Back, Biceps, & Calves
- **Day 3:** Delts, Abs, & Hamstrings
- **Day 4:** Chest, Quads, & Calves
- **Day 5: OFF**
- **Day 6:** Back, Shoulder, & Abs
- **Day 7: OFF**

Day 1 – Chest, Triceps, and Quads

Exercise	Sets	Reps
1A Incline Machine Chest Press	4	12-15
1B Leg Extension	4	15-20
Flat Dumbbell Bench Press	4	8-12
3A Leg Machine Press	4	12-15
3B Seated Pec Deck Fly	4	10-12
4A Hack Squat	3	10-12
4B Triceps Pressdown	3	15-20

Day 2 – Back, Biceps, and Calves

Exercise	Sets	Reps
Pull-ups (warm-up)	4	4-10
Lat Pulldown (Prone Grip)	4	10-12
Bent-over Barbell Row	4	8-10
Single-arm Cable Row	4	6-8/side
5A Standing Calf Raises	3	15-20
5B Straight Bar Curl	3	10-15

6A Seated Calf Raises	3	15-20
6B EZ Bar Preacher Curl	3	10-15

Day 3 – Delts, Abs, and Hamstrings

Exercise	Sets	Reps
Seated Overhead Dumbbell Press	4	10-12
Single-arm Cable Lateral Raises	4	10/side
Reverse Pec Deck Fly	4	12-15
4A Dumbbell Romanian Deadlift	4	8-10
4B Hanging Legs/Knee Raises	4	10-20
5A Seated Leg Curl	4	15-20
5B Half Kneeling Cable Crunches	4	15-20

Day 5 – Chest, Quads, and Calves

Exercise	Sets	Reps
Back Squat	5	8-10
Stationary Front Lunges	3	10/leg
Flat Bench Press	4	8-10
Bent-over Cable Fly	4	10-12
Standing Calf Raises	3	10-12

Day 6 – Back, Shoulder, and Abs

Exercise	Sets	Reps
Chin-ups	3	6-12
Military Press	4	8-10
Close Grip Pulldown	4	8-10
One-arm DB Row	4	6-8/side
Chest Supported Row (Prone Grip)	3	10-12
Cable Crunches + Knee/Leg Raises	3	10-15

Frequently Asked Questions

Who Can Follow this 12-month Plan?

This program is for everyone who wants to build muscle and strength, irrespective of fitness level.

However, there will be some challenging exercises and a higher number of sets that you can adjust to your needs to make it fit for you.

Can You Modify the Workout Routine If You Miss Days?

Yes, this training plan is flexible. If you miss a day or a week, simply adjust the schedule without rushing to catch up. Consistency over time is more important than perfection.

Can This Plan Help Increase Fat Loss?

Achieving weight loss effectively relies on a combination of a balanced diet and regular exercise.

A well-crafted 12-month workout routine can help in burning calories, strengthening muscles and joints, and shaping your body.

However, diet should be your primary preference when it comes to weight loss. Eating fewer calories than your body burns over a period can help you reduce your body fat.

Can You Combine This Routine with Other Activities?

Yes, I recommend adding activities such as yoga, running, soccer, or swimming to build a functional and resilient body.

For example, you can do low-impact cardio, swimming, or yoga in the morning and soccer or other sports in the evening on your off day (except the next day after leg training).

How to Utilize This Program for Maximum Results?

1. Consistency: You should always prioritize your training if you want to improve your fitness and shape your body. Going to the gym at least three days weekly should be your goal because consistent training is the only way to achieve desirable results over time.

2. Progressive Overload: Increase the load or the number of sets over the weeks to force your muscles to work harder each week. For example, try to lift 5-10% heavier weight 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 develop your strength and size in the long run.

3. Recovery: Aim to get 6–8 hours of sound sleep every day and consume a balanced diet for optimal muscle recovery. Additionally, taking a cold bath, massage, and sauna can also speed up muscle healing.

Final Thoughts

Building an aesthetic body and getting stronger is the goal of many fitness enthusiasts. However, it requires consistent training, a balanced diet, and an active lifestyle.

You can save the above 12-month workout program to train in an organized way and improve your fitness.

For diet, you should aim to consume a good combination of proteins, carbs, fats, and micronutrients. I recommend checking this [free resource](#) on the National Institute of Health website that will help you design a muscle-building meal plan.

If you lift weights consistently and eat good food, you'll see decent results over time.

Diet Recommendation for Building Muscle

A good meal plan helps repair trained muscles quickly and promote muscle growth.

Your meal must include a good balance of protein, carbs, fats, and fiber.

Here's what the National Institute of Health website recommends to gymgoers for building and maintaining muscle mass:¹

- **Protein:** 2–3 g/kg/day with optimal amounts of 0.40–0.55 g/kg per meal and distributed evenly throughout the day (3–6 meals), including within 1–2 hours pre and post-training. Examples of protein-rich foods are whey protein, egg whites, whole eggs, white meat, white fish, and Greek yogurt.
- **Carbohydrates:** 3–5 g/kg/day to support energy demands from resistance exercise. Examples of good carb sources are brown rice, quinoa, banana, potatoes, oats, and whole-wheat pasta, bread, and cereals.
- **Fats** – 0.5–1.5 g/kg/day. Examples of healthy fats are cheese, omega-3, butter, and milk.

Other than the above nutrients, Creatine monohydrate (3–5 g/day), caffeine (5–6 mg/kg), beta-alanine (3–5 g/day), and citrulline malate (8 g/day) might yield ergogenic effects that can be beneficial for bodybuilders.

Breakfast Options

- Greek yogurt, almonds or walnuts, whole grain granola, and fresh berries
- Oatmeal with berries and scrambled egg whites
- Boiled eggs, stir-fried veggies, and peanut butter with bread
- Protein shakes, boiled eggs, and broccoli

Lunch Options

- Grilled fish with a spinach salad and broccoli
- Grilled chicken breast, mixed veggies, and baked sweet potato
- Beef steaks, scrambled eggs, and brown rice.
- Lean ground beef burger on lettuce with tomato, onion, and green beans

Dinner Options

- Chicken with rice or Indian bread and yogurt.
- Chicken breast with spinach, strawberries and almonds
- Grilled chicken with white bean and tomato salad
- Kidney beans, rice, and fish

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](#)
6. [20 Best Dynamic Warm-Up Exercises](#)
7. [The Ultimate List of Functional 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.”