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# The Ultimate 12-Week Advanced Bodybuilding Workout Plan

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Full URL: <https://thefitnessphantom.com/12-week-advanced-bodybuilding-workout-plan>

## Program Summary

Workout Type	Weight Training
Sessions/Week	5-6x weekly
Duration/Session	90-120 minutes
Program Duration	12 Weeks
Split Type	PPL, Upper-Lower, Full-body, & Bro Split
Experienced Require	2-3 years of lifting
Workout Goal	Increase Strength, Mass, and Endurance
Target Gender	Male
Suitable Age Group	21-35 years
Supplementation Needed	Yes (at least why protein & creatine)
Best time to exercise	Afternoon or Evening (Morning is also fine)
PDF Available	Yes (at the bottom)

# Bodybuilding Workout Plan

This program involves multiple training splits throughout the 12 weeks, including the push-pull-legs, [upper-lower split](#), and full body.

It also includes rest-pause reps, [supersets](#), and drop sets (advanced training approaches) to stimulate muscle growth.

## 12-week advanced muscle-building plan outline:

- **Week 1-3:** PPL & Upper Lower Split
- **Weeks 4-6:** Bro Split
- **Weeks 7-9:** Upper Lower Split & Full Body
- **Weeks 10-12:** Push Pull Legs & Upper Lower Split

## Perform some of the [warm-up exercises](#) before training these muscles:

- **Chest:** Shoulder Pass Through, Banded Pull Apart, Dive Bomber Push-ups, Inverted Rows, & Bench Press with low load
- **Back:** Low Lunge Arch, World's Greatest Stretch, Bird Dog Plank Lifts, Banded Bent-over Row, Chin-ups, and Pull-ups.
- **Legs:** Leg Swings, Hamstrings Stretch, Glute Bridge, Reverse Lunges to Front Kick, Deep Squat, Archer Squats, Leg Extensions, and Leg Curls.
- **Shoulders:** Shoulder Pass Through, Banded Pull Apart, Internal and External Shoulder Rotation, Standing Bodyweight IYT Raises, and Single-arm Overhead Press.
- **Full Body:** Do a combination of the above exercises if you train your entire body.
- **Perform 3-4 exercises for 10 minutes in your warm-up for any muscle group.**

**Rest for 1-2 minutes during the isolation exercises and 2-4 minutes during [heavyweight compound exercises](#).**

**Now, let's uncover the exercise plan.**

## **Weeks 1-3: PPL & Upper Lower Split**

- **Day 1:** Push Workout
- **Day 2:** Pull Workout
- **Day 3:** Legs
- **Day 4:** Active Recovery
- **Day 5:** Upper Body
- **Day 6:** Lower Body
- **Day 7:** Full Day Rest

### **Day 1: Push (Hypertrophy)**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Intensity</b>	<b>Notes</b>
Barbell Bench Press	4	8-10	70-75%	Controlled eccentric, full ROM
Incline Dumbbell Press	3	10-12	65-70%	Deep stretch at the bottom
Weighted Dips	3	10-12	Light	Lean forward, elbows flared
Overhead Dumbbell Press	3	8-10	70-75%	Avoid shrugging, full ROM
<a href="#">Cable Lateral Raises</a>	3	12-15	Light	Slow eccentric, pause at top
<a href="#">Skull Crushers (EZ Bar)</a>	3	10-12	65-70%	Keep elbows tucked
<a href="#">Cable Tricep Pushdowns</a>	2	15-20	Light	Superset with lateral raises

### **Day 2: Pull (Hypertrophy)**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Intensity</b>	<b>Notes</b>
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Weighted Pull-Ups	4	8-10	BW	Full ROM, controlled descent
Barbell Bent-Over Row	4	8-10	70-75%	Keep back straight, pull to the hips
<a href="#">T-Bar Row</a>	3	10-12	65-70%	Focus on lat contraction
Face Pulls	3	12-15	Light	External rotation, rear delts
EZ Bar Curl	3	10-12	65-70%	No swinging, full supination
Hammer Curls (DB)	3	12-15	Light	Superset with face pulls
<a href="#">Bayesian Cable Curl</a>	2	15-20	Light	Slow eccentric, constant tension

## Day 3: Legs (Strength)

Exercise	Sets	Reps	Intensity	Notes
Barbell Back Squat	5	4-6	80-85%	Depth below parallel, brace core
Leg Press	3	8-10	70-75%	Controlled, full ROM
<a href="#">Bulgarian Split Squat</a>	3	10-12	65-70%	Deep stretch, upright torso
Seated Calf Raises	4	15-20	Moderate	Pause at the top and bottom
Hanging Knee to Chest	3	12-15	Bodyweight	Controlled, no swinging

## Day 4: Rest or Active Recovery

20 minutes of low intensity [resistance band exercises](#) targeting smaller muscle groups and stabilizers.

## Day 5: Upper Body (Strength)

Exercise	Sets	Reps	Intensity	Notes
Barbell Bench Press	5	4-6	80-85%	Pause at chest, explosive press
Weighted Pull-Ups	5	4-6	BW	Strict form, full ROM
<a href="#">Overhead Press</a>	4	5-7	80-85%	Lockout at top, no leg drive
<a href="#">Close-Grip Bench Press</a>	3	6-8	75-80%	Elbows tucked, triceps focus
<a href="#">Pendlay Row</a>	3	6-8	75-80%	Reset each rep, explosive pull
<a href="#">Farmer's Carry</a>	3	30s	Heavy	Grip strength, core stability

## Day 6: Lower Body (Hypertrophy)

Exercise	Sets	Reps	Intensity	Notes
Front Squat	4	8-10	70-75%	Upright torso, deep squat

<a href="#">Romanian Deadlift</a>	4	10-12	65-70%	Hinge at the hips
Walking Lunges (DB)	3	12-15	Moderate	Long strides, knee to the floor
Leg Extensions	3	12-15	Light	Slow eccentric, pause at top
Lying Hamstring Curls	3	12-15	Light	Full ROM, avoid hip rise
Standing Calf Raises	4	15-20	Moderate	Stretch at the bottom, pause at the top

## Week 4-6: Bro Split

The Bro-split is a simple training plan. It involves training [one muscle group per day](#), allowing you to focus on different parts of each muscle and improve muscular symmetry.

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

### Day 1: Chest

Exercise	Sets	Reps	Intensity	Notes
Incline Bench Press	4	8-10	70-75%	Controlled eccentric, full ROM
Flat DB Press	3	10-12	65-70%	Deep stretch, avoid locking out
Cable Chest Flyes (Mid)	3	12-15	Light	Constant tension, pause at peak
Incline DB Flyes	3	12-15	Light	Stretch at the bottom
<a href="#">Deficit Push-Ups</a>	2	15-20	Bodyweight	Superset with cable flyes
<a href="#">Machine Chest Press</a>	2	12-15	Moderate	Slow eccentric, full contraction

### Day 2: Back

Exercise	Sets	Reps	Intensity	Notes
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Deadlifts (Conventional)	4	6-8	75-80%	Neutral spine, controlled descent
Lat Pulldown (Wide Grip)	4	8-10	70-75%	Pull to chest, slight lean back
Seated Cable Row	3	10-12	65-70%	Neutral spine, squeeze scapulae
Chest-Supported DB Row	3	10-12	65-70%	Full stretch, avoid momentum
<a href="#">Straight-Arm Pulldown</a>	3	12-15	Light	Lats focus, slow eccentric
Hyperextensions	2	15-20	Bodyweight	Superset with pulldown, glute focus

## Day 3: Legs

Exercise	Sets	Reps	Intensity	Notes
Barbell Back Squat	5	4-6	80-85%	Depth below parallel, brace core
Romanian Deadlift	4	6-8	75-80%	Hinge at the hips, hamstring stretch
Barbell Hip Thrust	4	6-8	75-80%	Full lockout, glute contraction
<a href="#">Single-Leg Leg Press</a>	3	8-10	70-75%	Controlled, avoid locking knees
Seated Calf Raises	4	12-15	Moderate	Pause at the top and bottom
<a href="#">Plank with Weight</a>	3	30-45s	Moderate	Brace core, neutral spine

## Day 4: Rest or Active Recovery

20-30 minutes of low-intensity bodyweight movements to improve joint mobility and muscle recovery.

## Day 5: Shoulders

Exercise	Sets	Reps	Intensity	Notes
Standing Barbell OHP	5	4-6	80-85%	No leg drive, lockout at top
Arnold Press (DB)	4	6-8	75-80%	Full ROM, controlled rotation
<a href="#">Barbell Rear Delt Row</a>	3	8-10	70-75%	Elbows high, rear delt focus
DB Lateral Raises	3	10-12	65-70%	Slight lean, avoid shrugging
Face Pulls	3	12-15	Light	External rotation, rear delts
Trap Bar/Smith Shrugs	3	10-12	Moderate	Hold at the top, no rolling shoulders

## Day 6: Arms

Exercise	Sets	Reps	Intensity	Notes
Close-Grip Bench Press	4	8-10	70-75%	Elbows tucked, triceps focus

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Weighted Straight Dips	3	10-12	Bodyweight	Upright torso, elbows back
Overhead Cable Triceps Extension	3	12-15	Light	Full stretch, constant tension
Barbell Curl	4	8-10	70-75%	No swinging, full supination
Incline DB Curl	3	10-12	65-70%	Stretch at the bottom
Cable Preacher Curl	3	12-15	Light	Triceps stay firmly on the bench.
Wrist Curls (Forearms)	2	15-20	Light	Controlled, full ROM

## Week 7-9: Upper Lower Split & Full Body

- **Day 1:** Upper Body (Hypertrophy)
- **Day 2:** Lower Body (Strength)
- **Day 3:** Full Body (Mixed)
- **Day 4:** Active Recovery
- **Day 5:** Upper Body (Strength)
- **Day 6:** Lower Body (Hypertrophy)
- **Day 7:** OFF

### Day 1: Upper Body (Hypertrophy)

Exercise	Sets	Reps	Intensity	Notes
Barbell Bench Press	4	8-10	70-75%	Controlled eccentric, full ROM
Weighted Pull-Ups	4	8-10	BW	Rest-pause on the final set
Incline DB Press	3	10-12	65-70%	Deep stretch, drop set on the final set
Bent-Over Barbell Row	3	10-12	65-70%	Pull to hips, neutral spine
Cable Lateral Raises	3	12-15	Light	Slow eccentric, drop set on final set
EZ Bar Skull Crushers	3	10-12	65-70%	Elbows tucked, rest-pause on final set
DB Hammer Curls	3	12-15	Light	Superset with skull crushers

### Day 2: Lower Body (Strength)

Exercise	Sets	Reps	Intensity	Notes
Barbell Back Squat	5	4-6	80-85%	Depth below parallel, brace core
Conventional Deadlift	4	3-5	85-90%	Neutral spine, controlled pull

Barbell Hip Thrust	4	6-8	75-80%	Full lockout, glute focus
Leg Press	3	8-10	70-75%	Rest-pause on the final set
Standing Calf Raises	4	12-15	Moderate	Control the negative
Weighted Plank	3	30-45s	Moderate	Brace core, neutral spine

### Day 3: Full Body (Mixed Focus)

Exercise	Sets	Reps	Intensity	Notes
Overhead Barbell Press	4	6-8	75-80%	No leg drive, full ROM
Barbell Front Squat	4	6-8	75-80%	Upright torso, deep squat
Weighted Chin-Ups	3	8-10	10-20kg	Drop set on the final set
Incline DB Bench Press	3	10-12	65-70%	Drop set on the final set
Romanian Deadlift	3	8-10	70-75%	Hamstring stretch, hinge at hips
Cable Face Pulls	3	12-15	Light	Rear delts, drop set on final set
Hanging Leg Raises	3	12-15	Bodyweight	Controlled, no swinging

### Day 4: Rest or Active Recovery

20-30 minutes of a gentle yoga sequence focusing on mobility and stretching.

### Day 5: Upper Body (Strength)

Exercise	Sets	Reps	Intensity	Notes
Barbell Bench Press	5	4-6	80-85%	Pause at chest, explosive press
Barbell Pendlay Row	5	4-6	80-85%	Reset each rep, explosive pull
Seated DB Shoulder Press	4	5-7	80-85%	Full ROM, rest-pause on final set
Triceps Bar Dips	3	6-8	BW	Upright torso, elbows back
Barbell Curl	3	6-8	75-80%	No swinging, rest-pause on final set
Rear Delt Flyes (DB)	3	12-15	Light	Drop set on final set, slow eccentric
Farmer's Carry	3	30s	Heavy	Grip strength, core stability

### Day 6: Lower Body (Hypertrophy)

Exercise	Sets	Reps	Intensity	Notes
Barbell Front Squat	4	8-10	70-75%	Upright torso, deep squat
Bulgarian Split Squats	3	10-12	65-70%	Drop set on final set, deep stretch
Leg Extensions	3	12-15	Light	Slow eccentric, rest-pause on final set

Lying Hamstring Curls	3	12-15	Light	Full ROM, drop set on final set
Seated Calf Raises	4	15-20	Moderate	Rest-pause on the final set
Goblet Squat (DB)	3	12-15	Moderate	Slow tempo, glute/quad focus
Cable Woodchoppers	3	12-15	Light	Core rotation, controlled

## Day 7: Rest or Active Recovery

20–30 minutes of stationary bike, outdoor cycling, or spin bike at a relaxed pace.

# Week 10-12: Push Pull Legs & Upper Lower Split

- **Day 1:** Chest, Shoulders, Triceps (Hypertrophy)
- **Day 2:** Back, Biceps (Hypertrophy)
- **Day 3:** Legs (Strength)
- **Day 4:** Active Recovery (light cardio, mobility)
- **Day 5:** Upper Body (Strength Focus)
- **Day 6:** Lower Body (Hypertrophy)
- **Day 7:** Full Day OFF

## Day 1: Push (Hypertrophy)

Exercise	Sets	Reps	Intensity	Notes
Incline DB Bench Press	4	8–10	70–75%	Slow eccentric (3s), full stretch
Flat Barbell Bench Press	3	10–12	65–70%	Drop set on final set, touch-and-go
Cable Flyes (Mid-Chest)	3	12–15	Light	Rest-pause on final set, constant tension
Standing Barbell OHP	3	8–10	70–75%	Controlled, lockout at top
DB Lateral Raises	3	12–15	Light	Drop set on final set, partials at end
EZ Bar Skull Crushers	3	10–12	65–70%	Rest-pause on final set, elbows tucked
Single-Arm Cable Pushdown	2	15–20	Light	Superset with lateral raises

## Day 2: Pull (Hypertrophy)

Exercise	Sets	Reps	Intensity	Notes
Weighted Chin-Ups	4	8-10	BW	Rest-pause on final set, full ROM

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Chest-Supported DB Row	4	8-10	70-75%	Drop set on final set, scapular retraction
Lat Pulldown (Neutral Grip)	3	10-12	65-70%	Slow eccentric (3s), stretch at top
Cable Straight-Arm Pulldown	3	12-15	Light	Drop set on final set, lat focus
Preacher Curl (EZ Bar)	3	10-12	65-70%	Rest-pause on final set, strict form
DB Concentration Curl	3	12-15	Light	Superset with pulldown, peak contraction
Cable Rear Delt Flyes	2	15-20	Light	Slow tempo, constant tension

### Day 3: Legs (Strength & Hypertrophy)

Exercise	Sets	Reps	Intensity	Notes
Barbell Back Squat	5	4-6	80-85%	Depth below parallel, braced core
Conventional Deadlift	4	3-5	85-90%	Neutral spine, rest-pause on final set
Barbell Hip Thrust	4	6-8	75-80%	Full lockout, glute contraction
Single-Leg Leg Press	3	8-10	70-75%	Controlled, avoid knee lockout
Standing Calf Raises	4	12-15	Moderate	Drop set on the final set
Weighted Plank	3	30-45s	Moderate	Brace core, neutral spine

### Day 4: Push (Strength)

Exercise	Sets	Reps	Intensity	Notes
Flat Barbell Bench Press	5	4-6	80-85%	1-sec pause at chest, explosive press
Incline DB Press	3	6-8	75-80%	Rest-pause on final set, full ROM
Seated Barbell OHP	4	5-7	80-85%	Rest-pause on final set, no leg drive
Weighted Chest Dips	3	6-8	BW	Lean forward, elbows flared
Overhead DB Triceps Extension	3	8-10	70-75%	Drop set on final set, full stretch
Cable Lateral Raises	3	12-15	Light	Slow eccentric, constant tension

### Day 5: Pull (Strength)

Exercise	Sets	Reps	Intensity	Notes
Barbell Pendlay Row	5	4-6	80-85%	Reset each rep, rest-pause on final set
Weighted Pull-Ups	4	5-7	BW	Rest-pause on final set, strict form
Rack Pulls (Mid-Shin)	3	4-6	85-90%	Neutral spine, explosive pull
Seated Cable Row	3	8-10	70-75%	Drop set on final set, scapular retraction
Barbell Curl	3	6-8	75-80%	Drop set on final set, no swinging
Face Pulls	3	12-15	Light	Rear delts, slow tempo

### Day 6: Lagging Muscle Groups

Choose 1-2 lagging muscle groups weekly. For example – Arms

Exercise	Sets	Reps	Intensity	Notes
Close-Grip Bench Press	4	8-10	70-75%	Rest-pause on final set, elbows tucked
Barbell Curl	4	8-10	70-75%	Drop set on final set, strict form
Overhead Cable Triceps Extension	3	9-12	Light	Drop set on final set, full stretch
Incline DB Curl	3	8-12	65-70%	Rest-pause on the final set
Rope Triceps Pushdowns	3	8-12	Light	Extend your arms fully
Hammer Curls (DB)	3	8-12	Light	Slow tempo, forearm focus
Wrist Curls	2	8-12	Light	Controlled, full ROM

## Frequently Asked Questions (FAQs)

### 1. How do I know if this plan is suitable for me?

This plan is designed for lifters with 3+ years of consistent training, significant muscle mass, and mastery in [compound lifts](#). Plus, if you can lift big, train for 90-120 minutes with full intensity, recover well from 5-6 weekly sessions, and want to gain strength and size, it's appropriate for you.

### 2. How do I implement progressive overload effectively?

Increase weight by 2.5-5% weekly when you complete all reps with good form (RPE 7-9). If stalled, add 1-2 reps, an extra set, or reduce rest intervals by 10-15 seconds. A little improvement over time can help achieve bigger results in the long run.

### 3. How do I perform drop sets safely?

On the final set, lift to near failure, reduce weight by 20-30%, and continue to failure. Use spotters for quick weight changes. It will allow you to lift continuously. Limit to 1-3 exercises per session to avoid excessive fatigue.

#### **4. What should my nutrition look like to support this plan?**

Aim for a slight caloric surplus (250–500 kcal above maintenance) to fuel growth. Consume 1.6–2.2g protein/kg body weight (e.g., 128–176g for an 80kg lifter), 4–6g carbs/kg for energy, and 0.8–1g fat/kg. Hydrate well (3–5L water/day). I also suggest including creatine (4–5g daily) and whey protein for convenience.

#### **5. What should I do if I feel overly fatigued or sore?**

Take a full day, let your muscles heal, and start the next day from where you'd left off. You can also cut 1–2 sets per exercise or lower to 60–70% 1RM for 1–2 sessions. If you still feel fatigued, take 2 days rest.

#### **6. Can I add cardio without losing gains?**

Yes, add 1–2 sessions of 20–40 minutes of [low-intensity steady-state](#) (LISS) cardio on rest days. If you want to perform [HIIT cardio](#), do it once per week for no more than 30 minutes, as it can interfere with muscle gains.

#### **7. How should I adjust the plan if I have a lagging muscle group?**

Keep an additional training session to target 1–2 lagging muscle groups, such as arms, hamstrings, or shoulders. You can also include 2–3 exercises for your weaker body parts wherever they can fit.

## **8. How do I adjust the plan if I'm cutting instead of bulking?**

For cutting, aim for a 200–400 kcal deficit daily while maintaining 1.8–2.4g protein/kg to preserve muscle. Reduce volume by 10–20% (for example, 3 sets instead of 4 for some exercises) to manage fatigue. I also recommend including 1–2 LISS cardio sessions (30–60 min) on rest days to increase calorie burn.