

The Complete 12-Week Full Body Workout Plan for Beginners

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

About Program

Split Type	Full Body
Sessions Per Week	2 to 4 Days
Duration Per Session	45-75 minutes
Exercise Type	Resistance Exercises
Program Goal	Strength & Muscle Gain
Training Level	Beginners
Program Duration	12 Weeks
Target Gender	Male and Female
Experienced Require	6-8 weeks of push-ups & squats
Suitable Physique	Both Lean & Overweight

This program involves lifting two times weekly for the first two weeks, three times from the third to eight weeks, and four times in the last four weeks.

Each session will take about 45 to 75 minutes of your time.

Whether you want to lose weight or build muscle, the program is suitable for all new lifters.

Although this is a beginner-level exercise plan, having experience in doing bodyweight push-ups, squats, and lunges will quickly adapt your body to weight training.

So, I recommend trying this [21-day home workout plan](#) before starting this routine.

The Complete 12-Week Full Body Workout Plan for Beginners

- **Week 1-2:** Two sessions per week, six basic exercises with 2-3 sets per exercise.
- **Week 3-4:** Three sessions per week, 5-6 exercises per session with 2-3 sets per exercise.
- **Week 5-6:** Training three days a week, 5-6 exercises each day (slightly more challenging than the last four weeks) with 3 sets per exercise.
- **Week 7-8:** Three weekly sessions, 6 exercises per session with 3-4 sets per exercise.
- **Week 9-10:** Four workout days per week, 5 exercises each day with 3 sets per exercise.
- **Week 11-12:** Training four days a week, 5-6 exercises with 3-4 sets per exercise.

- **Aim to increase the load or the number of sets and reduce the rest time as you progress during this program.**

Week 1-2

Start your training with this 2-day full-body workout. It includes primarily [compound exercises](#) that work on multiple muscle groups simultaneously, helping build strength and size, and preparing you for the next phase.

Make sure you warm up for at least 5 minutes to get yourself ready to lift weights. You can jog on the treadmill, bicycle, or do some [bodyweight cardio exercises](#) to get your heart rate up.

Day 1 – Monday

Exercise	Target Muscle	Reps	Rest
DB Front Squat	Legs	12 x 3	2-3 mins
Smith Incline Bench Press	Chest	10 x 3	2-3 mins
Front Lat Pulldown	Back	10 x 3	2-3 mins
Machine Overhead Press	Shoulder	10 x 3	2-3 mins
Chin-ups	Biceps	4-8 x 3	1-2 mins
Push-ups	Chest	10 x 3	2-3 mins

Day 2 – Thursday

Exercise	Target Muscle	Reps	Rest
Leg Press	Leg	15 x 3	2-3 mins

Pec Deck Fly	Chest	15 x 3	2-3 mins
Seated Cable Row	Back	15 x 3	2-3 mins
Inverted Row	Upper Back	12 x 3	1-2 mins
Leg Curl	Hamstrings	15 x 3	1-2 mins
Bench Dips	Triceps	12 x 2	1-2 mins

Week 3-4

Day 1 – Monday

Exercise	Target Muscles	Reps	Rest
Lat Pulldown	Back	12 x 3	2-3 mins
Leg Press	Legs	12 x 3	2-3 mins
Incline DB Bench Press	Chest	12 x 3	2-3 mins
Lateral Delt Raises	Shoulder	10 x 3	1-2 mins
Bench Dips	Triceps	10 x 3	1-2 mins
Dumbbell Curl	Biceps	10 x 3	1-2 mins

Day 2 – Wednesday

Exercise	Target Muscles	Reps	Rest
Dumbbell Front Squat	Quads	10 x 3	1-2 mins
Machine Overhead Press	Shoulder	12 x 3	1-3 mins
Pec Deck Fly	Chest	15 x 3	1-2 mins
Seated Cable Rowing	Back	15 x 3	2-3 mins
Rope Pushdown	Triceps	15 x 3	1-2 mins
Leg Curl	Hamstrings	15 x 3	1-2 mins

Day 3 – Friday

Exercise	Target Muscles	Reps	Rest
Dumbbell Lunges	Legs	10/leg x 2	1-2 min
Hammer Incline Bench Press	Chest	12-15 x 3	2-3 mins

One-arm Dumbbell Row	Back	10/side x 2	1-2 min
Reverse Pec Deck Fly	Shoulder	12-15 x 3	1-2 min
Dumbbell Biceps Curl	Biceps	12-15 x 3	1-2 min

Week 5-6

Day 1 – Monday

Exercise	Target Muscles	Reps	Rest
Hack Squat	Legs	12-15 x 3	2-3 mins
Close Grip Lat Pulldown	Back	12-15 x 3	2-3 mins
Standing Cable Fly	Chest	12-15 x 3	2-3 mins
Side Delt Raises	Shoulder	12-15 x 3	1-2 mins
Kneeling Cable Crunches	Abdominal	12-15 x 3	1-2 mins

Day 2 – Wednesday

Exercise	Target Muscles	Reps	Rest
Dumbbell Overhead Press	Shoulder	12-15 x 3	2-3 mins
Chest-Supported DB Row	Back	12-15 x 3	2-3 mins
Incline DB Bench Press	Chest	12-15 x 3	2-3 mins
Chin-ups	Biceps	4-8 x 4	1-2 mins
Leg Curl	Hamstrings	12-15 x 3	1-2 mins
Calf Raises	Calves	12-15 x 3	1-2 mins

Day 3 – Friday

Exercise	Target Muscles	Reps	Rest
Smith Machine Back Squat	Legs	12-15 x 3	2-3 mins
Leg Extension	Quads	12-15 x 3	2-3 mins
Push-ups	Chest	12-15 x 3	2-3 mins
Reverse Pec Deck Fly	Rear Delt	12-15 x 3	2-3 mins
Seated Cable Row	Back	12-15 x 3	2-3 mins
Hanging Knee Raises	Abdominals	12-15 x 3	1-2 mins

Week 7-8

Day 1 – Monday

Exercise	Target Muscles	Reps	Rest
Dumbbell Lunges	Legs	10/leg x 3	2-3 mins
Pull-ups	Back & Biceps	4-8 x 4	2-3 mins
Bar Dips	Chest & Triceps	6-12 x 4	2-3 mins
1-arm Cable Lateral Raises	Shoulder	10/side x 3	1-2 mins
Cable Reverse Crunches	Abdominal	12-15 x 3	1-2 mins
Leg Curl	Hamstrings	12-15 x 3	1-2 mins

Day 2 – Wednesday

Exercise	Target Muscles	Reps	Rest
Military Press	Shoulder	12-15 x 3	2-3 mins
Single-arm DB Row	Back	12/side x 3	2-3 mins
Incline Barbell Bench Press	Chest	12-15 x 4	2-3 mins
Hack Squat	Legs	10-12 x 4	1-2 mins
Calf Raises	Calves	15-20 x 3	1-2 mins
Hanging Knee Raises	Abdominals	10-12 x 3	1-2 mins

Day 3 – Friday

Exercise	Target Muscles	Reps	Rest
DB Romanian Deadlift	Hamstrings	6-10 x 3	2-3 mins
Leg Extension	Quads	12-15 x 4	2-3 mins
Pec Deck Fly	Chest	12-15 x 4	2-3 mins
Seated Cable Row	Back	12-15 x 4	2-3 mins
Cable Reverse Fly	Rear Delt	12-15 x 3	2-3 mins
Triangle Push-ups	Chest & Triceps	10-15 x 3	1-2 mins

Week 9-10

Day 1 – Monday

Exercise	Target Muscles	Reps	Rest
Machine Leg Press	Legs	12 x 3	2-3 mins
Flat Machine Bench Press	Chest	10 x 3	2-3 mins
Lateral Raises	Shoulder	10 x 3	1-2 mins
Single-arm Dumbbell Row	Back	10 x 3	1-2 mins
Cable Crunches	Abs	15 x 3	1-2 mins

Day 2 – Tuesday

Exercise	Target Muscles	Reps	Rest
Machine Overhead Press	Shoulder	10-12 x 3	2-3 mins
Pec Deck Fly	Chest	10-15 x 3	2-3 mins
Seated Cable Rowing	Back	10-15 x 3	2-3 mins
Seated Leg Curl	Hamstrings	12-15 x 3	1-2 mins
Bar Dips	Triceps	6-12 x 3	2-3 mins

Day 3 – Thursday

Exercise	Target Muscles	Reps	Rest
Deadlift Off Blocks /Rack Pulls	Full Body	4-8 x 3	2-3 mins
Incline Bench Press	Chest	10-12 x 3	2-3 mins
Lat Pulldown	Back	10-12 x 3	1-3 mins
Reverse Pec Deck Fly	Shoulder	10-12 x 3	2-3 mins
Preacher Curl	Biceps	10-12 x 3	2-3 mins

Day 4 – Saturday

Exercise	Target Muscles	Reps	Rest
Back Squat	Legs	8-12 x 4	2-3 mins
DB Lunges	Legs	10/leg x 2	1-2 mins
Pull-ups	Back	2-8 x 4	2-3 mins
Bar Pushdown	Triceps	12-15 x 3	2-3 mins
Reverse Barbell Curl	Forearms	10-12 x 3	2-3 mins

High to Low Wood Chop	Abs	10/side x 2	1-2 mins
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Week 11-12

Day 1 – Monday

Exercise	Target Muscles	Reps	Rest
Bar Dips	Chest	4-12 x 3	2-3 mins
Chin-ups	Biceps	4-8 x 3	2-3 mins
Lateral Raises	Shoulder	10-12 x 3	1-2 mins
T-Bar Row	Back	10-12 x 3	1-2 mins
Calf Raises	Calves	15-20 x 3	1-2 mins

Day 2 – Tuesday

Exercise	Target Muscles	Reps	Rest
Dumbbell Push Press	Shoulder	10-12 x 3	2-3 mins
Standing Cable Fly	Chest	10-15 x 3	2-3 mins
Seated Cable Rowing	Back	10-15 x 3	2-3 mins
Seated Leg Curl	Hamstrings	12-15 x 3	1-2 mins
Cable Crunches	Abdominals	12-15 x 3	2-3 mins

Day 3 – Thursday

Exercise	Target Muscles	Reps	Rest
Deadlift Off Blocks/Rack Pulls	Full Body	6-8 x 3	2-3 mins
Incline Bench Press	Chest	10-12 x 3	2-3 mins
Close Grip Lat Pulldown	Back	10-12 x 3	2-3 mins
Cable Face Pull	Upper Back	10-12 x 3	2-3 mins
Concentration Curl	Biceps	10/arm x 3	1-2 mins

Day 4 – Saturday

Exercise	Target Muscles	Reps	Rest
Back Squat	Legs	8-12 x 4	2-3 mins
DB Lunges	Legs	10/leg x 2	1-2 mins
Pull-ups	Back	2-8 x 4	2-3 mins
Dumbbell Bench Press	Chest	10-12 x 3	2-3 mins

Bar Pushdown	Triceps	12-15 x 3	2-3 mins
Reverse Barbell Curl	Forearms	10-12 x 3	2-3 mins

Is Full Body Effective Than Split Training?

Full-body and split training are both effective ways to build strength and hypertrophy.

The primary difference between them is that you train almost all major muscle groups within each session in a full-body workout, while split training allows you to work on one or three muscle groups in one session. [Push-pull-legs \(PPL\)](#), upper-lower, and Bro-split are [examples of split training](#).

The other difference is that the full-body workout routine helps you boost strength and endurance, burn more calories, and aid in weight loss. Split training stimulates muscle growth and increases strength.¹

You can follow any training program you like. However, to achieve maximum results, you must train consistently, feed your muscles optimum nutrition, and get proper sleep.

Some Tips to Consider:

1. Aim to increase the load or the number of sets as you progress during the program.
2. Replace exercises that are difficult to perform with the least challenging ones.
3. Increase and decrease the interval time between sets, depending on your fitness level.
4. Check your progress and make changes whenever necessary.
5. Perform [steady cardio](#) (such as incline treadmill walk and stationary bike) in the morning two times a week to improve your endurance.
6. Explore the [ultimate nutritional recommendation](#) on the National Institute of Health website to formulate a muscle-building diet plan for yourself.

Related Programs:

1. [Push Pull Legs 12 Week Program for Beginners](#)
2. [12-Week Upper Lower Split for Beginners](#)

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](#)

I've also designed a customized [12-week comprehensive workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.

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

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