

The 12-Week Body Recomposition Workout Plan

Created by: [Murshid Akram](#)

Check out [article](#)

Important Terms Used in This Program

1. **MHR:** It means Maximum Heart Rate. It tells how many times your heart can beat per minute. The MHR is calculated by subtracting 220 from age. For example, if you're 30, your MHR will be 190.

2. **AMRAP:** Whenever you see AMRAP, it tells you to do as many reps as possible per set.

3. **Zone 2 Cardio:** It is a [low to moderate-intensity cardio](#) that involves performing exercises at 60-70% of the MHR. This is performed for a longer duration, typically for 45-60 minutes.

4. **Zone 3 Cardio:** It involves performing aerobic exercises at 70-80% of the MHR, making it slightly more challenging than Zone 2.

5. Zone 4 Cardio: It involves performing aerobic exercises at 80-90% of the MHR. Zone 4 cardio constantly challenges you to work hard and allow your body to [burn plenty of calories in a short time](#).

12-Week Body Recomposition Workout Plan to Shape Your Physique

This program is divided into three phases, four weeks each.

The first phase involves doing resistance training and cardio on alternate days, allowing you to focus on building muscles and improving endurance effectively.

The second phase will be more challenging as it involves [lifting weights six times per week](#) and doing cardio three times.

The last phase is identical to the second phase, but it contains some challenging exercises and will have shorter rest periods between sets.

- Weeks 1 to 4 – Alternating Strength and Cardio Training
- Weeks 5 to 8 – Strength and Cardio Combined
- Weeks 9 to 12 – Resistance Training and Cardio Same Day

Instructions to Follow Workout:

- **The interval between sets:** I recommend keeping the rest period as short as possible between sets or supersets.
- **Warm-up before lifting:** I suggest doing some **dynamic stretches**, lightweight resistance training, and **bodyweight cardio** to get your heart up and prepare your muscles before lifting real weights.
- **Push yourself a little harder each week:** To achieve results faster, you should push yourself a little harder every week. You can do that by increasing load or intensity or decreasing interval time between sets.
- **Get some rest when needed:** Working out six times weekly can tire your body. That's why you can take a break when your muscles are strained or stiff.

Week 1 to 4 – Alternating Strength and Cardio Training

- **Monday:** Full Body Resistance Training
- **Tuesday:** Zone 2 Cardio
- **Wednesday:** Total Body Workout
- **Thursday:** Zone 3 Cardio
- **Friday:** Total Body Workout
- **Saturday:** Zone 4 Cardio
- **Sunday:** OFF

Monday – Full Body Training

Superset	Sets x Reps	Target Muscles
DB Squat + Overhead Press	3 x 12-15	Legs & Shoulder
Lunges + Incline Machine Chest Press	3 x 12-15	Legs & Chest
Lat Pulldown + Lateral Raises	3 x 12-15	Back & Shoulder
Seated Row + Bench Dips	3 x 12-15	Back & Triceps

Tuesday – Zone 2 Cardio

Exercise	Activity
Treadmill Run	20-minute @50-70% MHR
Stationary Bike	10-minute @65% MHR
Elliptical Trainer	10-minute @60% MHR
Rowing Machine	5-minute @70% MHR

Wednesday – Total Body Workout

Superset	Sets x Reps	Target Muscles
Pec Deck Fly + Leg Curl	3 x 12-15	Chest & Ham
1-arm Landmine Press + Leg Extension	3 x 12-15	Shoulder & Quad
Single-arm DB Row + Rear Delt Raises	3 x 12-15	Back & Shoulder
Barbell Curl + Triceps Press Down	3 x 12-15	Arms

Thursday – Zone 3 Cardio

Exercise	Activity
Treadmill Run	10-minute @60-75% MHR
Stationary Bike	6-8 minute @60-70% MHR
Elliptical Trainer	6-8-minute @60-70% MHR
Rowing Machine	5-6 minute @60-75% MHR
Battle Rope Waves	5-6 minute @60-80% MHR

Friday – Total Body Workout

Superset	Sets x Reps	Target Muscles
Military Press + Step up	3 x 12-15	Delts & Legs
Flat Bench Press + Calf Raises	3 x 12-15	Chest & Calf
Landmine Close-grip Row + Off Blocks	3 x 12-15	Back & Legs
Preacher Curl + Overhead Tris Extension	3 x 12-15	Arms

Saturday – Zone 4 Cardio

Exercise	Activity
Treadmill Run	1-min run, 1-min walk x 6 sets
Stationary Bike	30-sec work, 30-sec easy work x 5 sets
Rowing Machine	30-sec high-intense work, 30-sec easy work x 5 sets
Battle Rope Waves	30-sec work, 1-minute rest x 6 sets

Week 5 to 8 – Strength and Cardio Combined

- **Monday:** Upper Body Workout + Zone 2 Cardio
- **Tuesday:** Leg + Core Workout
- **Wednesday:** Upper Body Workout + Zone 3 Cardio
- **Thursday:** Leg + Core Workout
- **Friday:** Upper Body Workout + Zone 2 Cardio
- **Saturday:** Leg + Core Workout
- **Sunday:** OFF

I recommend doing cardio in the morning and resistance training in the evening. But if that's not possible, you can do cardio after strength exercises.

Monday – Upper Body Workout + Zone 2 Cardio

UPPER BODY WORKOUT

- **Overhead Press:** 3 sets x 8-12 reps
- **Incline Machine Bench Press:** 3 sets x 8-12 reps
- **Seated Pec Deck Fly:** 3 sets x 10-15 reps
- **Lateral Raises:** 3 sets x 10-12 reps
- **Lat Pulldown:** 3 sets x 10-12 reps
- **Single-arm DB Rowing:** 3 sets x 10-12 reps

ZONE 2 CARDIO

- **Incline Treadmill Walk or Jog:** 15-20 minutes
- **Stationary Bike:** 6-8 minutes
- **Elliptical Cross Trainer:** 5-6 minutes

Tuesday: Leg + Core Workout

LEG WORKOUT

- **Dumbbell Squat:** 3 sets x 15 reps
- **Leg Press:** 3 sets x 15 reps
- **Walking Lunges:** 3 sets x 10 reps on each side
- **Leg Curl:** 3 sets x 15-20 reps

CORE WORKOUT

- **Kneeling Cable Crunches:** 3 sets x 15-20 reps
- **Hanging Knee Raises:** 3 sets x 10-20 reps
- **Lying Cable Reverse Crunches:** 3 sets x 10-15 reps

Wednesday: Upper Body Workout + Zone 3 Cardio

UPPER BODY WORKOUT

- **Dumbbell Flat Bench Press:** 3 sets x 8-12 reps
- **Landmine Close Grip Row:** 3 sets x 8-12 reps
- **Bent-over Barbell Row:** 3 sets x 10-15 reps
- **Rear Delt Raises:** 3 sets x 10-12 reps
- **Barbell Curl:** 3 sets x 10-12 reps
- **Triceps Press Down:** 3 sets x 10-12 reps

ZONE 3 CARDIO

- 10-minute Treadmill @65-75%
- 5-minute Stationary Bike @65%
- 5-minute Elliptical Trainer @65%
- 5-minute Punching Bag @65-75%
- 5-minute Battle Rope Waves @70-80%

Thursday: Leg + Core Workout

LEG WORKOUT

- **Leg Extension:** 3 sets x 15 reps
- **Smith Machine Back Squat:** 3 sets x 15 reps
- **Step-up:** 3 sets x 10 reps on each side
- **Calf Raises:** 3 sets x 15-20 reps

CORE WORKOUT

- **Kneeling Cable Crunches:** 3 sets x 15-20 reps

- **High to Low Cable Wood Chop:** 3 sets x 10 reps on each side
- **Front and Lateral Plank:** 3 sets x 1 minute each

Friday: Upper Body Workout + Zone 2 Cardio

UPPER BODY WORKOUT

- **Single-arm Landmine Press:** 3 sets x 10 reps on each side
- **Chest-Supported Row:** 3 sets x 10-15 reps
- **Dumbbell Hang Clean:** 3 sets x 8-10 reps
- **Barbell Shrug:** 3 sets x 8-12 reps
- **Push-up:** 3 sets x AMRAP
- **Chin-up:** 3 sets x AMRAP

ZONE 2 CARDIO

- **Treadmill Jog:** 15-20 minutes
- **Stationary Bike:** 6-8 minutes
- **Elliptical Cross Trainer:** 5-6 minutes

Saturday: Leg + Core Workout

LEG WORKOUT

- **Hack Squat:** 3 sets x 15-20 reps
- **Romanian Deadlift:** 3 sets x 8-10 reps
- **Hip Thrust:** 3 sets x 10-15 reps
- **Hip Abduction:** 3 sets x 15 reps on each side

CORE WORKOUT

- **Hanging Knee Raises:** 3 sets x 10-20 reps

- **Palloff Press:** 3 sets x 15-20 reps
- **Ab Wheel Rollout:** 3 sets x 6-10 reps

Week 9 to 12 – Resistance Training and Cardio Same Day

- **Monday:** Upper Body Workout + Zone2 Cardio
- **Tuesday:** Leg + Core Workout
- **Wednesday:** Upper Body Workout + Zone3 Cardio
- **Thursday:** Leg + Core Workout
- **Friday:** Upper Body Workout + Zone4 Cardio
- **Saturday:** Leg + Core Workout
- **Sunday:** OFF

You should try to perform cardio in the morning and resistance training in the evening. But if that's impossible, you can do cardio after **strength exercises**.

Monday – Upper Body Workout + Zone 2 Cardio

UPPER BODY WORKOUT

- **Overhead Press:** 3 sets x 10-15 reps
- **Incline Machine Bench Press:** 3 sets x 10-15 reps
- **Seated Pec Deck Fly:** 3 sets x 10-15 reps
- **Lateral Raises:** 3 sets x 10-12 reps
- **Close Grip Lat Pulldown:** 3 sets x 10-12 reps
- **Single-arm Dumbbell Rowing:** 3 sets x 10-12 reps

ZONE 2 CARDIO

- **Incline Treadmill Walk:** 15-20 minutes
- **Stationary Bike:** 6-8 minutes
- **Elliptical Cross Trainer:** 5-6 minutes
- **Rowing Machine:** 8-10 minutes

Tuesday: Leg + Core Workout

LEG WORKOUT

- **Dumbbell Squat:** 3 sets x 15 reps
- **Leg Press:** 3 sets x 15 reps
- **Walking Lunges:** 3 sets x 10 reps on each side
- **Leg Curl:** 3 sets x 15-20 reps

CORE WORKOUT

- **Kneeling Cable Crunches:** 3 sets x 15-20 reps
- **Hanging Knee Raises:** 3 sets x 10-20 reps
- **Lying Cable Reverse Crunches:** 3 sets x 10-15 reps

Wednesday: Upper Body Workout + Zone 3 Cardio

UPPER BODY WORKOUT

- **Dumbbell Flat Bench Press:** 3 sets x 8-12 reps
- **Landmine Close Grip Row:** 3 sets x 8-12 reps
- **Bent-over Barbell Row:** 3 sets x 10-15 reps
- **Rear Delt Raises:** 3 sets x 10-12 reps
- **Barbell Curl:** 3 sets x 10-12 reps

- **Triceps Press Down:** 3 sets x 10-12 reps

ZONE 3 CARDIO

- 10-minute Treadmill @65-75%
- 5-minute Stationary Bike @65%
- 5-minute Elliptical Trainer @65%
- 5-minute Punching Bag @65-75%
- 5-minute Battle Rope Waves @70-80%

Thursday: Leg + Core Workout

LEG WORKOUT

- **Leg Extension:** 3 sets x 15 reps
- **Smith Machine Back Squat:** 3 sets x 15 reps
- **Step-up:** 3 sets x 10 reps on each side
- **Calf Raises:** 3 sets x 15-20 reps

CORE WORKOUT

- **Kneeling Cable Crunches:** 3 sets x 15-20 reps
- **High to Low Cable Wood Chop:** 3 sets x 10 reps on each side
- **Front and Lateral Plank:** 3 sets x 1 minute each

Friday: Upper Body Workout + Zone 4 Cardio

UPPER BODY WORKOUT

- **Single-arm Landmine Press:** 3 sets x 10 reps on each side
- **Chest-Supported Row:** 3 sets x 10-15 reps
- **Dumbbell Hang Clean:** 3 sets x 8-10 reps
- **Barbell Shrug:** 3 sets x 8-12 reps
- **Push-up:** 3 sets x AMRAP

- **Chin-up:** 3 sets x AMRAP

ZONE 4 CARDIO

- **Bar over Burpees:** 6-8 reps, 30-sec rest x 5 sets
- **Mountain Climbing:** 15-second work, 15-second rest x 6 sets
- **Fast Feet:** 15-second work, 30-second rest x 6 sets
- **Squat Jump:** 6 reps, 30-sec rest x 5 sets
- **Treadmill:** 30-second sprint, 2-min walk x 6 sets

Saturday: Leg + Core Workout

LEG WORKOUT

- **Hack Squat:** 3 sets x 15-20 reps
- **Romanian Deadlift:** 3 sets x 8-10 reps
- **Hip Thrust:** 3 sets x 10-15 reps
- **Hip Abduction:** 3 sets x 15 reps on each side

CORE WORKOUT

- **Hanging Knee Raises:** 3 sets x 10-20 reps
- **Palloff Press:** 3 sets x 15-20 reps
- **Ab Wheel Rollout:** 3 sets x 6-10 reps

Can You Build Muscle and Lose Weight Together?

Yes, losing weight and increasing lean mass simultaneously is possible through a well-designed training program, [a good meal plan](#), and guidance.

A body composition training plan must include a combination of resistance exercises and moderate to [high-intensity cardio](#).

A good diet program must contain a combination of caloric surplus and deficit days (5/2). For example, you can have your caloric surplus on a day when you lift heavy or require more energy. However, you'll mostly have to be in a caloric deficit to recompose your body.

The above workout plan can work well for workouts, but I recommend consulting a nutritionist to plan your meals effectively.

Helpful Resources:

1. [12 Week Weight Loss Meal Plan](#)
2. [List of 53 Low Calorie Foods for Weight Loss](#)
3. [24 Weight Loss Dumbbell Exercises to Sculpt Your Body](#)