

12 Week Strength Training Program

Weeks One-four

Day One: Legs

Exercise One

- Back Squats
5x Of 15,12,10,8,6

Superset Two

- Walking Lunges With Weights.
4x Of 10 Front And Back
- Leg Press
4x20

Superset Three

- Leg Extension
3x 12
- Sitting Leg Curl
3x12

Exercise Four

- Box Jumps
4x20

Weeks One-four

Day Two: Shoulders

Superset One:

- Dumbbell Sitting Shoulder Press
4x Of 15,12,10,8
- Side Lateral Raises
4x Of 12,12,10,10

Superset Two

- Standing Upright Row Using Cables
3x12
- Shoulder Shrugs Using Dumbbells
3x12

Superset Three

- Single Standing Cable Lateral Raises
4x12
- Front Plate Raises
4x12

Weeks One-four

Day Three: Back And Rear Delts

Superset One:

- Wide Grip Pull-ups
4x Until Failure
- Kneeling V-bar Pull-down.
4x Of 15,12,10,10

Superset Two:

- Lat Pull Down
4x Of 12,12,10,10
- Bent Over Row Using Smith Machine
4x Of 12,12,10,10

Exercise Three:

- T-bar Rows
4x Of 12

Superset Four:

- Wide Grip Unilateral Kneeling Cable
4x Of 12,12,10,10

(Superset)

- Seated Bent Over Rear Delt Raises
4x Of 12

Weeks One-four

Day Four: Biceps And Triceps

Superset One:

- Hammer Curls
3x Of 12
- Incline Bench Dumbbell Curls (Slow On Negative)
3x Of 12

Superset Two:

- Standing Barbell Curls
3x Of 15,12,10
- Seated Supinated Dumbbell Curls
3x Of 12
- Seated Curls On Cable Row
3x Of 12

Superset Three:

- Weighted Triceps Dips
3x Of 15
- Triceps Rope Press Down
3x Of 12

Superset Four:

- Triceps Extension
Using Weights
4x Of 12,12,10,10
- Triceps Bent Over
Kickbacks Using
Weights.
4x Of 12,12,10,10

Weeks One-four

Day Five: Chest

Exercise One:

- Bench Chest Press
5x Of 15,12,10,8,6

Exercise Two:

- Incline Bench Dumbbells Press
4x Of 12

Superset Three:

- Standing Cable Cross Overs
4x Of 12
- Wide Pushups
4x Until Failure

Exercise Three:

- Decline Bench Chest Press Using Smith
4x Of 12,12,10,10

Superset Four:

- Lying Chest Press Using Dumbbells
3x Of 12
- Lying Chest Flies
3x Of 12

Weeks One-Four

Day Six: Abs And Cardio

- Stability Ball Crunch (With Medicine Ball Overhead)
3x Of 25,20,15
- Boss Ball Crunches (Holding Medicine Ball Overhead)
3x Of 25,20,15
- Modified V-sit Crunch (Holding Medicine Ball)
3x Of 25,20,15
- Russian Twists (With Medicine Ball)
3x Of 25,20,15

- 15 Minutes Of Highest Incline On Treadmill. Speed: 3-3.5 (Walking)
- 20-25 Minutes No Incline On Treadmill. Speed: 6.5-7 (Running)

Weeks Five-eight

Day One: Legs Quads

Warm Up

5 Minutes Of A Light Jog On A Treadmill.

Superset One

- Sumo Stance Squats Using Weighted Bar.
4x10
- Front Squats Using Ez Bar.
4x10

Superset Two

- Sumo Stance Leg Press.
3x20
- Weighted Walking Lunges.
3x10 (Each Leg)

Superset Three

- Leg Extension Using Machine
3x10 (Each Leg)
- Jump Squats
3x20

Superset Four

- Step Ups Using Bench.
3x10 Each Leg
- Reverse Lunges Using Ez Bar
3x10 (Each Leg)

Weeks Five-eight

Day Two: Back

Superset One

- Wide Grip Pull Ups
4x15
- Close Grip Cable Rows.
4x12

Superset Two

- Over Head Lat Pull Downs
3x10
- Front Lateral Pull Downs
3x10
- To Chin Lateral Pull Downs.
3x10

Superset Three

- T Bar Row
3x12
- Chainsaws Using Dumbbell On Bench.
3x12

Superset Four

- Kneeling One Arm Lateral Pulls Using Cables.
3x12
- Under Hand Row Using Cables.
3x10

Weeks Five-eight

Day Three: Biceps And Triceps

Superset One

- Reverse Grip Curls
4x10
- Preacher Curls Using Ez Bar.
4x12

Superset Two

- Front Double Bicep Curls Using Cables.
3x12
- One Arm Hammer Curl.
3x12 (Each Arm Separately)

Superset #3

- Single Underhand Tricep Pull Down.
3x12
- Overhand Tricep Pushdown
3x12

Superset #4

- Overhead Cable Tricep Extension
3x10
- Dumbbell Skull Crushers
3x12
- Dumbbell Tricep Extension
3x12

Weeks Five-eight

Day Four: Legs Hamstrings

Superset One

- Hack Squat Using Bar
4x12
- Romanian Deadlifts
4x15

Superset Two

- Single Leg Hyper Extension
3x20
- Weighted Walking Lunges. (Keep Leg Distance Short)
3x20 (Front And Back)

Superset Three

- Dumbbell Laying Down Leg Curl.
3x15
- Butt Kicks
One Minute

Superset Four

- Leg Curl Using Machine
3x15
- Lying Down Single Leg Curl Using Machine.
3x20 (Each Leg)

Weeks Five-eight

Day Five: Shoulders/Chest

Superset One

- Sitting Down Dumbbell Shoulder Press
4x10
- Sitting Down Arnold Press
4x10

Superset Two

- Individual Side Static Lateral Raises.
3x10
- Front Shoulder Barbell Press
3x12

Superset Three

- One Arm Bent Over Cable Lateral Raise
3x10
- Incline Bench Bent Over Dumbbell Lateral Raise
4x12

Superset Four

- Incline Smith Machine Chest Press
4x10
- Bent Arm Dumbbell Pullover
4x12

Superset Five

- Bodyweight Flies Using E-z Curl Bar.
3x10
- Pec-deck Machine
3x12
- Body Weight Dips
3x Until Failure

Weeks Nine-twelve

Day One: Legs

Back Squat. 7x Sets

You're Going To Be Doing A Pyramid Of 12,10,8,6,8,10,12. Increasing Weight The Lower The Sets Get, Decreasing The Higher.

Superset One (1 Minute Rest In Between Sets)

- Kettle Bell Hand-offs.
4x15
- Forward Lunges Using Weights Sitting On Shoulders.
4x10 Front And 10 Back.

Superset Two (1 Minute Rest In Between Sets)

- Romanian Dead-lifts.
3x12
- Lying Down Leg Curls.
3x12

Superset Three

- Laying Overhead Cable Rope Pulls.
3x15-20
Bring Knees To Chest.
- Laying Overhead Cable Rope Pulls.
3x15-20
- Kneeling Rope cable crunches.
3x15-20

Superset Four

- Hanging Leg Raises.
3x15-20
- Hanging Leg Raises.
3x15-20
- One Knee High Cross Body
3x15

Superset Five

Barbell Overhead Laying Leg Raises. 3x20
Both Feet Extended.

Barbell Overhead Laying Leg Raises. 3x20
Knees To Chest.

Weeks Nine-twelve

Day Two: Chest/Shoulders

Superset One

- 1 Arm Half Kneeling Land-mine Shoulder Press.
3x12
- 2 Hand Land Mine Shoulder Press.
3x12

Superset Two

3xsets

- Single Arm Lateral Raise.
3x12
- Straight Bar Shoulder Raise.
3x12
- Kneeling Arnold Press.
3x12

Circuit 4xsets

- Incline Bench Cable Fly. 12x12x10x10x.(Increase Weight The Lower The Reps.)
- Pec-deck Machine. 12x
- Dips Until Failure.

Make Sure Your Legs Are Crossed Over Behind You, And You Lean Forward. If You Do The Dips
Straight The Targeted Muscle Will Be The Biceps.

Weeks Nine-twelve

Day Three: Back And Bi's

Superset One

- Wide Grip Pull Downs To Chin.
3x10
- Wide Grip Pull Downs Behind Head.
3x10
- Wide Grip Pull Downs Slight Lean Back To Chest.
3x10

Superset Two

- Seated On The Floor Lat Pull Downs Using Cables.
3x10
- Kneeling Single Arm Cable Row.
3x10

Superset Three

- Curls Using Curl Bar.
4x12
- Cable Curls.
4x10 (Each Arm)

- Run The Rack. 3sets
Bicep Curl. (10 Or 12) What's Comfortable
Starting Out. X10
Bicep Curl.(12 Or 15). X10
Bicep Curl. (15 Or 20). X10
Bicep Curl. (20 Or 25). X10
Bicep Curl.(25 Or 30) X10
Bicep Curl.(25 Or 20). X10
Bicep Curl. (20 Or 15). X10
Bicep Curl. (15 Or 10)X10
Bicep Curl. (10 Or 12)X10

Weeks Nine-twelve

Day Four: Triceps

Superset One

- Skull Crutcher Using Curl Bar.
4x12
- Cable Incline Triceps Extension Using Cable.
4x12

Superset Two

Cable One Arm Tricep Extension.

4x12

Cable Rope Overhead Tricep Extension.

4x12

Decline Dumbbell Tricep Extension.

4x12

Superset Three

- Tricep Dips.
3x10-15

Make Sure You're Not Leaning Forward. (Uses Chest). You're Going Straight Down. Do This Until Failure.

- Dumbbell Tricep Extension
3x10

Weeks Nine-twelve

Day Five: Legs And Abs

Superset One

- Back Squat.
10x10
- Deadlift.
10xr10

Superset Two

- Laying Overhead Cable Rope Pulls.
3x15-20
- Bring Knees To Chest Laying Overhead Cable Rope Pulls.
3x15-20
- Kneeling Rope Cable Crunches.
3x15-20

Superset Three

- Hanging Leg Raises.
3x15-20
- Hanging Leg Raises.
3x15-20
- One Knee High Cross Body.
3x15-20

Superset Four

- Barbell Overhead Laying Leg Raises.
3x20
Both Feet Extended.
- Barbell Overhead Laying Leg Raises.
3x20
Knees To Chest.