

12-Week Full Body Hypertrophy Program

Week 12 - Day 1: Lower (Quad Focus)

Workout Focus: Lower (Quad Focus)

- Front Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Bulgarian Split Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Goblet Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Leg Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Glute Kickback: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Seated Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 12 - Day 2: Upper (Push Focus)

Workout Focus: Upper (Push Focus)

- Dumbbell Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Incline Machine Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Arnold Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Dips: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Skull Crushers: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.

Week 12 - Day 3: Lower (Hamstring/Glute Focus)

Workout Focus: Lower (Hamstring/Glute Focus)

- Good Morning: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Seated Leg Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Hip Thrust: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Kettlebell Swing: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Step-Ups: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Seated Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 12 - Day 4: Upper (Pull Focus)

Workout Focus: Upper (Pull Focus)

- Chin-Ups: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Close-Grip Pulldown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Chest Supported Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Rear Delt Fly: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Preacher Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 12 - Day 5: Specialization (Arms/Delts or Volume)

Workout Focus: Specialization (Arms/Delts or Volume)

- Concentration Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Spider Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Barbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Close-Grip Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Kickbacks: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Machine Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.