

# 12 WEEK TRAINING PROGRAM

# WORKOUTS

## WORKOUT A FULL BODY

EXERCISE	SETS	REPS	REST
Squat	3	12-15	2 mins
Lying Leg Curl	3	12-15	1 min
Lat Pull Down	3	12-15	1 min
Dumbbell Chest Press	3	12-15	1 min
Barbell Curl	3	12-15	1 min
Tricep Cable Push Down	3	12-15	1 min

## WORKOUT B FULL BODY

EXERCISE	SETS	REPS	REST
Leg Press	3	10-12	2 mins
Lying Leg Curl	3	10-12	1 min
Chest Supported Row	3	10-12	1 min
Incline Dumbbell Chest Press	3	10-12	1 min
Rear Delt Side Raises Lying on Incline Bench	3	10-12	1 min
Standing Calf Raise	3	10-12	1 min

## WORKOUT C FULL BODY

EXERCISE	SETS	REPS	REST
Deadlift Variation	3	8-10	2 mins
Walking Dumbbell Lunges	3	8-10	2 mins
Seated Cable Row	3	8-10	1 min
Machine Chest Press	3	8-10	1 min
Cable Curl	3	8-10	1 min
Tricep Cable Push Down (rope)	3	8-10	1 min

# 12 Week Workout Program For Women

**Judd E. Hollander**

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