

# 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

**J Spring**



## **12 Week Workout Program For Women:**

## Reviewing **12 Week Workout Program For Women**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**12 Week Workout Program For Women**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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