

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

AW Rasmussen



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