

12 WEEK MUSCLE BUILDING PROGRAM PDF

Thank you for downloading our 12 Week Muscle Building Program PDF!

This program uses a 6-day split over 7 days. Perform for 12 weeks and reap the benefits of bigger muscles.

Always consult a fitness professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike
ThisIsWhyImFit.com

Day 1					
LEGS 1 / ARMS 1	Warm up	Set 1	Set 2	Set 3	Set 4
Banded squats	50				
Sissy Squats		12-15	10-12	10-12	8-10
Lunges, in place or walking	20	12-15	10-12	8-10	
Leg Extensions	30	15-20	12-15	10-12	
Leg Curls	20	12-15	10-12	8-10	
Hip Extensions	20	12-15	10-12	8-10	
Toe raises		20-30	20-30		
Biceps Curls (single arm)	20	15-20	12-15	12-15	
Gironda Drag Curls	20	12-15	12-15	10-12	
Triceps extensions	20	12-15	12-15	10-12	
Day 2					
SHOULDERS 1	Warm up	Set 1	Set 2	Set 3	Set 4
Side Lateral Raises	20	15-20	12-15	12-15	
Front Raises	20	15-20	12-15	12-15	
Rear Delt Flyes	20	15-20	12-15	12-15	
Single Arm Cable Shrugs	20	15-20	12-15	12-15	10-12
Day 3					
CHEST 1 / BACK 1 / ABS	Warm up	Set 1	Set 2	Set 3	Set 4
Decline DB Presses	30	15-20	12-15	10-12	8-10
Incline Bench Press	30	15-20	12-15	10-12	8-10
Pec Deck		15-20	12-15	10-12	8-10
Lat Pull-Ins	20	15-20	12-15	10-12	10-12
Chest-supported DB rows	20	15-20	12-15	10-12	
Cable Scapula Shrugs	20	15-20	12-15	10-12	
Back Extensions	20	15-20	12-15		
Crunches	30-40	20	20	20	
Sit Ups with a Twist		20	20		
Side Bends	20	20	20		

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Day 4

LEGS 2 / ARMS 2	Warm up	Set 1	Set 2	Set 3	Set 4
Banded squats	50				
Back Squats (heels elevated)		12-15	10-12	8-10	
Romanian Deadlift (RDL)	20-30	12-15	10-12	8-10	
Hip Abductions		12-15	10-12	8-10	
Hip Adductions		12-15	10-12	8-10	
Hip Flexions	20	12-15	10-12		
Standing Calf raises	25	20	20	12-15	
Seated Hammer Curls	20	12-15	10-12	8-10	
Wrist flexions	20	15-20	12-15		
Wrist extensions	20	15-20	12-15		
Triceps extensions	20	15-20	12-15	12-15	

Day 5

SHOULDERS 2	Warm up	Set 1	Set 2	Set 3	Set 4
Hammer Grip Shoulder Press	20	15-20	15-20	12-15	10-12
Infraspinatus raises	30	15-20	15-20	15-20	
Trap Bar Shrugs	20	12-15	10-12	10-12	8-10
Y Raises	20	12-15	10-12	10-12	8-10

Day 6

CHEST 2 / BACK 2 / ABS	Warm up	Set 1	Set 2	Set 3	Set 4
Underhand Chest Press	20	12-15	10-12	8-10	
Dumbbell Presses, overhand flat bench	25	12-15	10-12	8-10	
Helms Row	20	15-20	15-20	12-15	8-10
Lat Pull-Downs	20	12-15	10-12	8-10	
Motorcycle Rows	25	12-15	10-12	8-10	
Crunches	30-40	20	20	20	
Sit Ups with a Twist		20	20		
Side Bends	20	20	20		

Day 7

REST