

## Thank you for downloading our 12 Week Body Transformation Workout Plan PDF!

**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!**

In order to reap full benefits from this 12 week body transformation workout plan, here are some important guidelines to follow:

- Warm up and stretch
- Focus on form
- Apply progressive overload
- Adjust rep ranges
- Rest and recover

These will ensure you minimise injury and maximise muscle building potential. They are detailed further below.

### Warm up and Stretch!

Warm up before your workout to prevent injury and practice the movements. Warm-ups are important for anyone and even more crucial for older adults. If you're a newcomer to the gym but a veteran in another sport, you'll already understand the value of a good warm-up.

You should also get in the habit of stretching the target muscles before actually targeting them. This program will target basically every single muscle you have in your body, so getting those muscle loose is crucial.

### Focus on Form

For all exercises, use a rhythmic pumping motion. Do not jerk the weights or sacrifice form by getting other body parts involved. Example: swaying backwards to boost curls past a sticking point.

**If your form isn't perfect using the weight you selected, pick a lighter weight.** Be patient! You'll get there faster if you practice doing the movements the right way.

**Form > Load.** Always use proper exercise form without worrying about the amount you're lifting. This takes discipline. Workouts should accomplish something, not prove something.

### Apply Progressive Overload

Progressive overload stimulates the adaptive responses that make muscles grow. For that reason, apply progressive overload to all exercises in the program. That means reps come before weight.

**Start with poundage you can lift** with perfect form for the specified rep range.

Once you're able to do the suggested number of reps comfortably with good form, increase the weight so that the last couple of reps become challenging.

### Adjust Rep Ranges

Each exercise starts with higher rep range and progresses to lower ranges. This accomplishes two things:

1. Considers that all skeletal muscles consist of both Types I and II fibers. Type I fibers are believed to respond best to higher "endurance" level work where the power-generating Type II fibers are best addressed with lower reps and higher loads.
2. The higher rep ranges at the beginning of an exercise are essentially warm-up sets that employ the SAID principle (Specific Adaptation to Imposed Demands). In layperson terms, your warm-up might as well be doing the thing you're trying to improve.

### Rest and Recover

Rest and recovery are as important as working out. Work out hard, rest and recover religiously.

#### Rest between workouts

Day 7 is rest day. No gym. No runs. No stair climbs. No push-ups. No sit-ups. Nothing. Just rest.

Let your hard work do its thing and your body recover.

Not only your muscles take a hit during intense training. Your central nervous system does too, and the CNS is what powers your muscles. This is clinically documented.

#### Rest between sets

Rest long enough between sets for you to be able to do the next set with equal or more intensity. It's that simple. I can't put a number on that.

-- Mike

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# 12 WEEK BODY TRANSFORMATION WORKOUT PLAN PDF

WEEK 1 – 4: Three Way Split			
Day 1			
LEGS 1 / ARMS 1	Muscles worked	Reps	Sets
Sissy Squats	Quadriceps	8-15	4
HTC Split Squats	Quadriceps, Glutes	8-15	3
Leg Extensions	Quadriceps	10-15	3
Leg Curls	Hamstrings	10-15	3
Hip Extensions	Glutes	10-15	3
Toe raises	Tibialis Anterior	20	2
Biceps Curls, single arm	Biceps	10-20	3
Gironda Drag Curls	Biceps	10-20	3
Triceps extensions	Triceps	10-20	3
Hammer Curls	Brachio-radialis	10-20	3
Day 2			
SHOULDERS 1	Set 1	Set 2	Set 3
Side Lateral Raises	Middle deltoids	12-20	3
Thumbs Up Front Raises	Anterior deltoids, Clavicular head of pec major	12-20	3
Rear Delt Flyes	Posterior deltoid	12-20	3
Shrugs	Upper Trapezius	10-15	3
Day 3			
CHEST 1 / BACK 1 / ABS	Set 1	Set 2	Set 3
Decline DB Presses or Cable Chest Presses	Pec major	8-20	4
Dumbbell Presses, overhand flat bench	Pec major, Anterior deltoid	8-20	4
Pec Deck	Pec major	8-20	4
Lat Pull-Ins	Latissimus dorsi (Lats)	10-20	4
Chest-supported DB row	Lats, Middle and Lower Trapezius, Teres major, posterior deltoids	10-20	3
Scapula Shrugs	Middle and Lower trapezius	10-20	3
Back Extensions	Spinus erectors	12-20	2
Crunches	Rectus abdominis	20	3
Sit Ups with a Twist	Obliques, rectus abdominis	10 per side	3
Side Bends	Obliques	10 per side	3
Day 4			
LEGS 2 / METCON	Set 1	Set 2	Set 3
Squats, heel elevated	Quadriceps, Glutes, Adductors, Spinus erectors	8-15	3
Romanian Deadlift (RDL)	Glutes, Adductors, Hamstrings, Spinus erectors	8-15	3
Hip Abductions	Gluteus medius	8-15	3
Hip Adductions	Leg Abductors	8-15	3
Hip Flexions	Rectus Femoris	10-15	2
Standing Calf raises	Gastrocnemius, Soleus	15-20	3
Stair climbing (optional 30-minute walk, incline preferred)	Legs, Cardio-respiratory	30 mins	1
Day 5			
SHOULDERS 2 / METCON	Set 1	Set 2	Set 3
Hammer Grip Shoulder Press	Anterior deltoids, middle delt	10-12	3
Chest Supported DB rows	Posterior deltoid	12-20	3
Infraspinatus raises	Infraspinatus (rotator cuff)	15-20	3
"Y" Raises (Upper Trap Raises)	Upper Trapezius, middle and lower traps	10-15	3
Stair climbing or Walk	Legs, Cardio-respiratory	30 mins	1
Day 6			
CHEST 2 / BACK 2 / ABS / METCON	Set 1	Set 2	Set 3
Underhand Chest Press	Clavicular head of pec major, anterior deltoid	10-20	3
Dumbbell Presses, overhand flat bench	Pec major, Anterior deltoid	10-20	3
Lat Pull-Downs	Lats, Lower and middle trapezius, teres major, biceps	10-20	4
Motorcycle Rows	Lats, Lower and middle trapezius, teres major, biceps	10-20	4
Crunches	Rectus abdominis	20	3
Sit Ups with a Twist	Obliques, rectus abdominis	10 per side	3
Side Bends	Obliques	10 per side	3
Stair climbing or Walk	Legs, Cardio-respiratory	30 mins	1
Day 7			
REST			

# 12 WEEK BODY TRANSFORMATION WORKOUT PLAN PDF

WEEK 5 – 8: Push Pull Legs Split			
<b>Day 1</b>			
<b>PUSH</b>	<b>Muscles worked</b>	<b>Reps</b>	<b>Sets</b>
Decline DB Presses or Cable Chest Presses	Pec major	8-20	4
Dumbbell Presses, overhand flat bench	Pec major, Anterior deltoid	8-20	4
Pec Deck	Pec major	8-20	4
Triceps extensions	Triceps	8-15	4
Stair Climbing	Legs, general	20 mins	1
Walk	Legs, general	30 mins	1
<b>Day 2</b>			
<b>PULL</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
Lat Pull-Ins	Latissimus dorsi (lats)	10-20	4
Chest-supported DB row	Lats, Posterior deltoids, Middle and Lower Trapezius	10-20	3
Back Extensions	Spinus erectors	12-20	2
Side Lateral Raises	Middle deltoids	10-20	4
Rear Delt Flyes	Posterior deltoids	10-20	4
Biceps Curls, single arm	Biceps	12-20	3
Gironda Drag Curls	Biceps	10-15	3
Crunches	Rectus abdominis	20	3
Sit Ups with a Twist	Obliques, rectus abdominis	10 per side	3
Side Bends	Obliques	10 per side	3
<b>Day 3</b>			
<b>LEGS</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
Sissy Squats	Quadriceps	8-15	4
HTC Split Squats	Quadriceps	8-15	4
Leg Extensions	Quadriceps	10-20	3
Leg Curls	Hamstrings	8-15	3
Hip Extensions	Glutes	8-15	3
Toe raises	Tibialis anterior	20-30	2
<b>Day 4</b>			
<b>PUSH</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
Underhand Chest Press	Clavicular head of pec major, anterior deltoid	10-20	4
Dumbbell Presses, overhand flat bench	Pec major, Anterior deltoid	10-20	4
Thumbs Up Front Raises	Anterior deltoid, Clavicular head of pec major	10-20	3
Hammer Grip Shoulder Press	Anterior deltoids, middle delt	10-12	3
Triceps extensions	Triceps	8-15	4
Stair Climbing	Legs, Cardio-respiratory	20 mins	1
Walk	Legs, Cardio-respiratory	30 mins	1
<b>Day 5</b>			
<b>PULL</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
Lat Pull-Downs	Lats, Lower and middle trapezius, teres major, biceps	10-20	4
Motorcycle Rows	Lats, Lower and middle trapezius, teres major, biceps	10-20	4
Chest Supported DB rows	Posterior deltoid	10-20	3
Shrugs	Upper Trapezius	10-15	4
Scapula Shrugs	Middle and Lower trapezius	10-20	3
"Y" Raises (Upper Trap Raises)	Upper Trapezius, Middle and Lower traps	10-15	3
Hammer Curls	Brachio-radialis	10-20	4
Crunches	Rectus abdominis	20	3
Sit Ups with a Twist	Obliques, rectus abdominis	10 per side	3
Side Bends	Obliques	10per side	3
<b>Day 6</b>			
<b>LEGS</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
Squats, heel elevated	Quadriceps, Glutes, Adductors, Spinus erectors	8-15	3
Romanian Deadlift (RDL)	Glutes, Adductors, Hamstrings, Spinus erectors	8-12	3
Hip Abductions	Gluteus medius	8-15	3
Hip Adductions	Leg Adductors	8-15	3
Hip Flexions (Knee raises)	Rectus Femoris	10-15	3
Standing Calf raises	Gastrocnemius, Soleus	15-20	3
Walk	Legs, Cardio-respiratory	30 mins	1
<b>Day 7</b>			
<b>REST</b>			

# 12 WEEK BODY TRANSFORMATION WORKOUT PLAN PDF

WEEK 9 – 12: Upper-Lower Split			
<b>Day 1</b>			
<b>PUSH</b>	<b>Muscles worked</b>	<b>Reps</b>	<b>Sets</b>
Lat Pull-Ins	Latissimus dorsi (lats)	10-20	4
Chest-supported DB row	Lats, Posterior deltoids, Middle and Lower Trapezius	10-20	3
Scapula Shrugs	Middle and Lower trapezius	10-20	3
Back Extensions	Spinus erectors	12-20	2
Side Lateral Raises	Middle deltoids	12-20	3
Thumbs Up Front Raises	Anterior deltoids, Clavicular head of pec major	12-20	3
Rear Delt Flyes	Posteriordeltoids	12-20	3
Shrugs	Upper Trapezius	12-20	3
<b>Day 2</b>			
<b>PULL</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
Sissy Squats	Quadriceps	8-15	4
HTC Split Squats	Quadriceps	8-15	3
Leg Extensions	Quadriceps	10-20	3
Leg Curls	hamstrings	8-15	3
Hip Extensions	Glutes	8-15	3
Toe raises	Gastrocnemius, Soleus	20-30	3
<b>Day 3</b>			
<b>LEGS</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
Decline DB Presses or Cable Chest Presses	Pec major	8-20	4
Dumbbell Presses, overhand flat bench	Pec major, Anterior deltoid	8-20	4
Pec Deck	Pec major	8-20	4
Biceps Curls, single arm	Biceps	12-20	3
Girona Drag Curls	Biceps	10-15	3
Triceps extensions	Triceps	10-15	3
Hammer Curls	Brachio-radialis	12-20	3
Crunches	Rectus abdominis	20	3
Sit Ups with a Twist	Obliques, rectus abdominis	10 per side	3
Side Bends	Obliques	10 per side	3
Stair Climbing	Legs, Cardio-respiratory	20 mins	1
Walk	Legs, Cardio-respiratory	30 mins	1
<b>Day 4</b>			
<b>PUSH</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
Hammer Grip Shoulder Press	Anterior deltoids, middle delt	10-12	3
Chest-supported DB row	Lats, Posterior deltoids, Middle and Lower Trapezius	10-20	3
Infraspinatus raises	Infraspinatus (rotator cuff)	20	2
"Y" Raises (Upper Trap Raises)	Upper Trapezius, middle and lower traps	10-15	3
Lat Pull-Downs	Lats, Lower and middle trapezius, teres major, biceps	10-20	3
Motorcycle Rows	Lats, Lower and middle trapezius, teres major, biceps	10-20	3
<b>Day 5</b>			
<b>PULL</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
Squats, heel elevated	Quadriceps, Glutes, Adductors, Spinus erectors	8-15	3
Romanian Deadlift (RDL)	Glutes, Adductors, Hamstrings, Spinus erectors	8-12	3
Hip Abductions	Gluteus medius	8-15	3
Hip Adductions	Leg adductors	8-15	3
Hip Flexions (Knee raises)	Rectus femoris	10-15	2
Standing Calf raises	Gastrocnemius, Soleus	15-20	3
<b>Day 6</b>			
<b>LEGS</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
Triceps extensions	Triceps	10-15	4
Hammer Curls	Brachio-radialis	10-20	4
Underhand Chest Press	Clavicular head of pec major, anterior deltoid	10-20	4
Dumbbell Presses, overhand flat bench	Pec major, Anterior deltoid	10-20	4
Walk	Legs, Cardio-respiratory	30 mins	1
<b>Day 7</b>			
<b>REST</b>			