

# 12 WEEK STRENGTH TRAINING PROGRAM PDF

Thank you for downloading our 12 Week Strength Training Program PDF!

This program uses a 4-day split over 7 days. Perform for 12 weeks and reap the benefits of stronger 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

## WEEK 1 – 4

### Day 1

#### POSTERIOR CHAIN

	Warm up	Set 1	Set 2	Set 3	Set 4
Air squats	50				
Romanian Deadlift (RDL)	20	10-12	10-12	10-12	10-12
"Halting" RDLs		10-12	10-12		
Rack pulls		10-12	10-12	10-12	10-12
DB or Hex Bar VMO Squats	20	10-12	10-12	10-12	
Lat Pull-Downs or Pull-ups	20	10-12	10-12	10-12	
Shrugs, Kelso Shrugs preferred		10-12	10-12	10-12	

### Day 2

#### CHEST 1 / SHOULDERS / ARMS

	Warm up	Set 1	Set 2	Set 3	Set 4
Machine Chest or BB Bench Press	20	10-12	10-12	10-12	10-12
Seated Smith Machine DB Press, Utility or Adjustable Bench	20	10-12	10-12	10-12	10-12
Biceps Curls, cable, DB, or BB (Gironda style)	20	10-12	10-12	10-12	10-12
Triceps extensions, Cable, DB, or EZ Curl	20	10-12	10-12	10-12	10-12

### Day 3

#### REST

### Day 4

#### LEGS

	Warm up	Set 1	Set 2	Set 3	Set 4
Leg Press	20	10-12	10-12	10-12	10-12
RFE Split Squats (Bulgarian Split Squats)		10-12	10-12	10-12	10-12
Leg Extensions	20	15-20	12-15	12-15	
Leg Curls	20	15-20	12-15	12-15	

### Day 5

#### SHOULDERS 2

	Warm up	Set 1	Set 2	Set 3	Set 4
DB Flat Bench	20	15-20	12-15	12-15	
DB Lu, "Y" Raises, or Plate Raises	20	15-20	12-15	12-15	
Lat Pull-Downs or Pull-ups	20	15-20	12-15	12-15	
Hammer Curls	20	15-20	12-15	12-15	
Triceps extensions, Cable, DB, or EZ Curl	20	15-20	12-15	12-15	

### Day 6

#### REST

### Day 7

#### REST

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## WEEK 5 – 8

### Day 1

POSTERIOR CHAIN	Warm up	Set 1	Set 2	Set 3	Set 4
Air squats	50				
Romanian Deadlift (RDL)	20	8-10	8-10	8-10	8-10
"Halting" RDLs		8-10	8-10		
Rack pulls		8-10	8-10	8-10	8-10
DB or Hex Bar VMO Squats	20	8-10	8-10	8-10	
Lat Pull-Downs or Pull-ups	20	8-10	8-10	8-10	
Shrugs, Kelso Shrugs preferred		8-10	8-10	8-10	

### Day 2

CHEST 1 / SHOULDERS / ARMS	Warm up	Set 1	Set 2	Set 3	Set 4
Machine Chest or BB Bench Press	20	8-10	8-10	8-10	8-10
Seated Smith Machine DB Press, Utility or Adjustable Bench	20	8-10	8-10	8-10	8-10
Biceps Curls, cable, DB, or BB (Gironda style)	20	8-10	8-10	8-10	8-10
Triceps extensions, Cable, DB, or EZ Curl	20	8-10	8-10	8-10	8-10

### Day 3

### REST

### Day 4

LEGS	Warm up	Set 1	Set 2	Set 3	Set 4
Leg Press	20	8-10	8-10	8-10	8-10
RFE Split Squats (Bulgarian Split Squats)		8-10	8-10	8-10	8-10
Leg Extensions	20	12-15	10-12	10-12	
Leg Curls	20	12-15	10-12	10-12	

### Day 5

SHOULDERS 2	Warm up	Set 1	Set 2	Set 3	Set 4
DB Flat Bench	20	12-15	10-12	10-12	
DB Lu, "Y" Raises, or Plate Raises	20	12-15	10-12	10-12	
Lat Pull-Downs or Pull-ups	20	12-15	10-12	10-12	
Hammer Curls	20	12-15	10-12	10-12	
Triceps extensions, Cable, DB, or EZ Curl	20	12-15	10-12	10-12	

### Day 6

### REST

### Day 7

### REST

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## WEEK 9 – 12

### Day 1

POSTERIOR CHAIN	Warm up	Set 1	Set 2	Set 3	Set 4
Air squats	50				
Romanian Deadlift (RDL)	20	6 to 8	6 to 8	6 to 8	6 to 8
"Halting" RDLs		6 to 8	6 to 8		
Rack pulls		6 to 8	6 to 8	6 to 8	6 to 8
DB or Hex Bar VMO Squats	20	6 to 8	6 to 8	6 to 8	
Lat Pull-Downs or Pull-ups	20	6 to 8	6 to 8	6 to 8	
Shrugs, Kelso Shrugs preferred		6 to 8	6 to 8	6 to 8	

### Day 2

CHEST 1 / SHOULDERS / ARMS	Warm up	Set 1	Set 2	Set 3	Set 4
Machine Chest or BB Bench Press	20	6 to 8	6 to 8	6 to 8	6 to 8
Seated Smith Machine DB Press, Utility or Adjustable Bench	20	6 to 8	6 to 8	6 to 8	6 to 8
Biceps Curls, cable, DB, or BB (Gironda style)	20	6 to 8	6 to 8	6 to 8	6 to 8
Triceps extensions, Cable, DB, or EZ Curl	20	6 to 8	6 to 8	6 to 8	6 to 8

### Day 3

### REST

### Day 4

LEGS	Warm up	Set 1	Set 2	Set 3	Set 4
Leg Press	20	6 to 8	6 to 8	6 to 8	6 to 8
RFE Split Squats (Bulgarian Split Squats)		6 to 8	6 to 8	6 to 8	6 to 8
Leg Extensions	20	10 to 12	8 to 10	8 to 10	
Leg Curls	20	10 to 12	8 to 10	8 to 10	

### Day 5

SHOULDERS 2	Warm up	Set 1	Set 2	Set 3	Set 4
DB Flat Bench	20	10 to 12	8 to 10	8 to 10	
DB Lu, "Y" Raises, or Plate Raises	20	10 to 12	8 to 10	8 to 10	
Lat Pull-Downs or Pull-ups	20	10 to 12	8 to 10	8 to 10	
Hammer Curls	20	10 to 12	8 to 10	8 to 10	
Triceps extensions, Cable, DB, or EZ Curl	20	10 to 12	8 to 10	8 to 10	

### Day 6

### REST

### Day 7

### REST