

12 WEEK FEMALE WORKOUT PLAN PDF

Thank you for downloading our 12 Week Female Workout Plan PDF!

This program uses a 5-day split over 7 days and is aimed at shaping and toning your entire body.

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
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Day 1						
	LEGS	Warm up	Set 1	Set 2	Set 3	Set 4
LEGS	Warm-up with unloaded squats	30-50				
	Heel-elevated DB squats (Goblet or at side)	20	12-15	10-12	10-12	8-10
	Leg Extensions	20	12-15	10-12	10-12	8-10
	Romanian Deadlift (RDL) - Hex bar or DB	20	10-12	10-12	10-12	8-10
	Leg Curls	20	10-12	10-12	10-12	8-10
TRICEPS	Cable Triceps Extensions	20	15-20	12-15	10-12	8-10
BICEPS	Biceps Curls, single arm	20	15-20	12-15	10-12	8-10
	Hammer Curls	20	15-20	12-15	10-12	8-10
Day 2						
	PUSH	Warm up	Set 1	Set 2	Set 3	Set 4
SHOULDERS	Side Lateral Raises, Cable or DB	20	15-20	12-15	12-15	10-12
	Thumbs-Up Front Raises, Cable or DB		15-20	12-15	12-15	10-12
	Rear Delt Cable or Seated Reverse DB Flyes		15-20	12-15	12-15	10-12
	High incline DB or Smith Machine Presses	20	15-20	12-15	12-15	10-12
TRAPS	Shrugs, Cable or DB	20	15-20	12-15	12-15	10-12
	Scapula "Kelso" Shrugs	20	15-20	12-15	10-12	10-12
	DB "Y" Raises, Plate Raises, or Lu Raises	20	15-20	12-15	10-12	10-12
Day 3						
REST						
Day 4						
	LEGS	Warm up	Set 1	Set 2	Set 3	Set 4
GLUTES	Bulgarian Split Squats	20	15-20	12-15	10-12	10-12
	Romanian Deadlift (RDL)	20	15-20	10-12	10-12	10-12
	Contra-lateral B-Stance DB RDLs	20	15-20	10-12	10-12	10-12
	Cable Glute Hip Abductions, single-leg	20	15-20	10-12	10-12	10-12
BACK	Lat Pull-Ins or Pull-downs	20	15-20	12-15	10-12	10-12
	Chest Supported Machine Row		15-20	12-15	10-12	10-12
	Motorcycle Rows		15-20	12-15	10-12	10-12
CALVES	Single-Leg Calf Raises		20-25	20-25	20-25	20-25
	Toe raises		20-25	20-25		
Day 5						
	PUSH	Warm up	Set 1	Set 2	Set 3	Set 4
CHEST	Machine Chest Press	20-25	15-20	12-15	10-12	10-12
	Single or Two-arm High-to-Low Cable Fly	20-25	15-20	12-15	10-12	10-12
	Single or Two-arm Low-to-High Cable Fly	20-25	15-20	12-15	10-12	10-12
Day 6						
	PULL	Warm up	Set 1	Set 2	Set 3	Set 4
CARDIO	Stairclimber or Treadmill on incline. Can sub sprints.	30 mins				
ABS	Crunches		20	20	20	20
	Sit Ups with a Twist		20	20		
	Side Bends		15-20 Per side	15-20 Per side		
Day 7						
REST						