

Red Kingdom Fitness

Weight Training for Women II
12 Week Program

Week 1

Legs & Glutes

Romanian Dead Lifts – dumbbells, barbell	4 sets - 10 reps
Bulgarian Split Squats – dumbbells, bench	4 sets - 12 reps ea. leg
Glutes & Hams - roman chair, back raises, 1 dumbbell	4 sets - 15 reps
Hip Abduction/ Adduction – machine	4 sets - 15/15 reps
Calf Raises/ Extensions – leg press, machine	4 sets - 25 reps
Hip Thrusts – smith machine, machine	4 sets - 12 reps
Leg Curls – machine	4 sets - 12 reps

Back

Bent Back Rows – barbell, reverse grip	4 sets - 12 reps
Good Mornings – small barbell	4 sets - 15 reps
Seated Back Rows - cables	4 sets - 12 reps
Lateral Pull Downs - cables	4 sets - 15 reps

Shoulders

Standing Shoulder Press – sm. barbell, dumbbells	4 sets - 12 reps
Upright Rows – smith machine or small barbell	4 sets - 15 reps
Standing Front Raises – dumbbells, sm. barbell	4 sets - 12 reps
Rear Delt Pulls – cables, rope, face pulls	4 sets - 12 reps

Chest

Chest Press – dumbbells	4 sets - 12 reps
Incline Chest Press – small barbell	4 sets - 12 reps
Chest Flys – cables, pec fly machine	4 sets - 15 reps
Seated Chest Press – machine	4 sets - 10 reps

Biceps

Preacher Curls – easy bar, machine	4 sets - 12 reps
Hammer Curls - dumbbells	4 sets - 12 reps
Pull Ups – reverse grip, machine, assisted	4 sets - 12 reps
One Arm Curls – preacher bench, cables	4 sets - 15 reps

Triceps

Dips – machine, assisted, slight lean forward	4 sets - 12 reps
Tricep Kickbacks - dumbbells	4 sets - 12 reps
Tricep Extensions – ropes	4 sets - 12 reps
Overhead Tricep Press – 1 dumbbell	4 sets - 12 reps

Abs/ Core

Torso Rotation – machine, cables	4 sets - 15 reps ea. side
Crunches – decline bench	4 sets - 15 reps
Sit Ups – roman chair	4 sets - 15 reps
Crunches – machine	4 sets - 15 reps

Cardio

Treadmill – run, jog, inclined brisk walk	20 minutes
Stair Stepper	20 minutes
Elliptical	20 minutes

Week 2

Legs & Glutes

Sumo Squats – 1 dumbbell	4 sets - 10 reps
Leg Press – machine	4 sets - 12 reps
Calf Raises/ Extensions – machine, smith machine	4 sets - 25 reps
Leg Curls – machine	4 sets - 15 reps
Lunges – dumbbells, sm. barbell, slight lean forward	4 sets - 20 steps
Hip Thrusts – glute machine, smith machine, bench	4 sets - 15 reps
Ski Squats – dumbbells, feet touching	4 sets - 12 reps

Back

One Arm Back Rows – dumbbell	4 sets - 12 reps
Bent Back Flys – dumbbells	4 sets - 12 reps
Lateral Pulldowns – cables, machine	4 sets - 15 reps
Romanian Dead Lifts – barbell, dumbbells	4 sets - 12 reps

Shoulders

Seated Shoulder Press - dumbbells	4 sets - 12 reps
Seated Lateral Raises - dumbbells	4 sets - 12 reps
Front Raises – dumbbells	4 sets - 12 reps
Bent Rear Delt Flys - dumbbells	4 sets - 12 reps

Chest

Incline Chest Press – dumbbells, machine	4 sets - 10 reps
Chest Flys – dumbbells, bench	4 sets - 12 reps
Chest Press – dumbbells, machine	4 sets - 12 reps
Chest Flys – cables, pec fly machine	4 sets - 12 reps

Biceps

Bicep Curls – small barbell	4 sets - 10 reps
Hammer Curls – dumbbells, alternating	4 sets - 12 reps
Bicep Curls – cables	4 sets - 15 reps
Preacher Curls – machine	4 sets - 12 reps

Triceps

Skull Crushers – dumbbells, bench	4 sets - 12 reps
Tricep Press – machine	4 sets - 15 reps
Overhead Tricep Extensions – cables, rope	4 sets - 15 reps
Tricep Extensions – preacher, machine	4 sets - 15 reps

Abs/ Core

Sit Ups – decline bench	4 sets - 15 reps
Planks	4 sets - 1 minute ea.
Torso Rotation – machine, cables, landmine rotations	4 sets - 15 reps per side
Leg/ Knee Raises – ab/ dip bar	4 sets - 15 reps

Cardio

Stair Stepper	15 minutes
Elliptical	20 minutes
Treadmill – steep incline, walk or jog	20 minutes

Week 3

Legs & Glutes

Bulgarian Split Squats – smith machine, bench	4 sets - 10 reps ea. leg
Goblet Squats – 1 dumbbell, weight plate	4 sets - 12 reps
Romanian Dead Lifts – barbell, dumbbells	4 sets - 12 reps
Calf Raises – machine, smith machine, leg press	4 sets - 20 reps
Hip Thrusts – smith machine, barbell, machine	4 sets - 12 reps
Glutes & Hams – roman chair, back raises, 1 dumbbell	4 sets - 15 reps
Hip Abduction/ Adduction - machine	4 sets - 15 reps

Back

Bent Back Rows – sm. barbell, smith machine	4 sets - 12 reps
Lateral Pull Downs – machine	4 sets - 12 reps
Bent Back Rows – dumbbells, both arms	4 sets - 12 reps
Back Extensions – seated, lean back machine	4 sets - 20 reps

Shoulders

Seated Shoulder Press – sm. barbell, dumbbells	4 sets - 12 reps
Seated Lateral Raises – machine	4 sets - 10 reps
Rear Delts – pec/ fly machine, cables	4 sets - 12 reps
Upright Rows - cables	4 sets - 15 reps

Chest

Bench Press – barbell, smith machine	4 sets - 10 reps
Bench Chest Flys - dumbbells	4 sets - 12 reps
Chest Flys – pec machine, cables	4 sets - 12 reps
Incline Chest Press – machine	4 sets - 12 reps

Biceps

Bicep Curls – dumbbells, both arms	4 sets - 12 reps
Bicep Curls – cables	4 sets - 15 reps
Hammer Curls – dumbbells	4 sets - 10 reps
Bicep Curls – machine	4 sets - 12 reps

Triceps

Skull Crushers w/ Chest Press – easy bar	4 sets - 10 & 10 reps
Tricep Extensions – cables	4 sets - 12 reps
Tricep Extensions – machine	4 sets - 12 reps
Front Dips – assisted, machine	4 sets - 12 reps

Abs/ Core

Basic Crunches - floor	4 sets - 20 reps
Planks	4 sets - 1 minute
Flutter Kicks	4 sets - 1 minute
Crunches – machine	4 sets - 15 reps

Cardio

Treadmill – run or jog	20 minutes
Stair Stepper	15 minutes
Elliptical	20 minutes

Week 4

Legs & Glutes

Hack Squats – machine, smith machine	4 sets - 10 reps
Dead Lifts – hexagon bar, barbell	4 sets - 10 reps
Leg Curls – machine, cables w/ ankle strap	4 sets - 12 reps
Leg Extensions - machine	4 sets - 12 reps
Kickbacks – glutes machine, cables w/ ankle strap	4 sets - 15 reps ea. leg
Calf Raises – machine, smith machine	4 sets - 20 reps
Sled – push there/ pull back = 1 set (or Lunges 20 steps)	4 sets - there & back

Back

Pull Ups – assisted	4 sets - 12 reps
Seated Back Rows - machine	4 sets - 15 reps
Romanian Dead Lifts - dumbbells	4 sets - 12 reps
Bent Back Flys – dumbbells	4 sets - 12 reps
Straight Arm Lateral Pulldowns – cables	4 sets - 15 reps

Shoulders

One -Arm Shoulder Press – 1 dumbbell	4 sets - 10 reps
Lateral/ Shoulder Raises - dumbbells	4 sets - 10 reps
Seated Rear Delts – pec/ delts machine	4 sets - 12 reps
Front Raises – dumbbells	4 sets - 10 reps
Shoulder Press – machine	4 sets - 10 reps

Chest

Chest Press – bench - smith machine	4 sets - 10 reps
Chest Flys – pec machine	4 sets - 10 reps
Incline Chest Press - dumbbells	4 sets - 10 reps
Chest Flys – cables	4 sets - 12 reps

Biceps

Bicep Curls – dumbbells - alternating	4 sets - 10 reps
Bicep Curls – small barbell	4 sets - 10 reps
Cable Curls	4 sets - 15 reps
Preacher Curls – machine	4 sets - 10 reps
Pull Ups – assisted, reverse grip	4 sets - 10 reps

Triceps

Tricep Extensions – cables, rope	4 sets - 15 reps
Tricep Press - machine	4 sets - 12 reps
Tricep Kickbacks – cables	4 sets - 12 reps
Tricep Extensions – machine	4 sets - 15 reps
Overhead Tricep Press – 1 dumbbell	4 sets - 10 reps

Abs/ Core

Crunches – roman chair	4 sets - 20 reps
Leg Raises – ab/ dip bar	4 sets - 20 reps
Bicycle Kicks	4 sets - 1 minute
Torso Rotation – cables, landmine rotations	4 sets - 12 reps ea. side

Cardio

Stationary Bike	20 minutes
Rowing	20 minutes
Stair Stepper	20 minutes

Week 5

Legs & Glutes

Leg Press	3 sets - 15 reps
Sumo Squats – smith machine, 1 dumbbell	3 sets - 12 reps
Straight Leg Dead Lifts – sm. barbell, dumbbells	3 sets - 15 reps
Leg Curls – machine, cables	3 sets - 15 reps
Calf Raises/ Extensions – machine, smith machine	3 sets - 25 reps
Hip Thrusts – machine, sm. barbell, smith machine	3 sets - 15 reps
Glutes – roman chair, back raises, 1 dumbbell	3 sets - 15 reps

Back

Seated Cable Rows – cables, machine	3 sets - 12 reps
Lateral Pull Downs – cables, machine	3 sets - 12 reps
Bent Back Rows – small barbell – reverse grip	3 sets - 12 reps
Back Extensions – machine	3 sets - 20 reps
Back Flys – cables, dumbbells	3 sets - 12 reps

Shoulders

Standing Shoulder Press - dumbbells	3 sets - 12 reps
Front Shoulder Raises - dumbbells	3 sets - 12 reps
Seated Lateral Raises - dumbbells	3 sets - 12 reps
Bent Rear Delt Flys - dumbbells	3 sets - 12 reps
Seated Shoulder Press – machine	3 sets - 12 reps

Chest

Chest Flys – bench, dumbbells	3 sets - 12 reps
Incline Chest Press - dumbbells	3 sets - 12 reps
Chest Flys – cables	3 sets - 12 reps
Chest Press – dumbbells touching, bench	3 sets - 12 reps

Biceps

Bicep Curls – small barbell	3 sets - 10 reps
Bicep Curls - machine	3 sets - 12 reps
Dumbbell Curls – alternating	3 sets - 10 reps
Cable Curls	3 sets - 15 reps
One Arm Curls – dumbbell	3 sets - 12 reps

Triceps

Tricep Extensions – cables, straight bar, reverse grip	3 sets - 15 reps
Tricep Kickbacks – dumbbells	3 sets - 12 reps
Dips – assisted, machine	3 sets - 10 reps
One-Arm Overhead Extensions – cables, rope	3 sets - 12 reps
Tricep Extensions – preacher machine	3 sets - 12 reps

Abs/ Core

Decline Bench Sit Ups – 10lb weight	3 sets - 15 reps
Obliques – torso rotation, machine	3 sets - 15 reps ea. side
Leg Raises – ab/dip bar	3 sets - 15 reps
Crunches – machine	3 sets - 20 reps

Cardio

Stair Stepper	20 minutes
Rowing	15 minutes
Elliptical	20 minutes

Week 6

Legs & Glutes

Leg Extensions – machine	3 sets - 15 reps
Leg Curls – machine	3 sets - 15 reps
Hip Abduction/ Adduction – machine	3 sets - 15/15 reps
Calf Raises/ Extensions – leg press, machine	3 sets - 25 reps
Glutes – kickbacks, machine, cables w/ ankle strap	3 sets - 12 reps ea. leg
Dead Lifts – barbell	3 sets - 10 reps
Static Lunges – dumbbells	3 sets - 12 reps ea. leg

Back

Pull Ups – assisted	3 sets - 10 reps
One-Arm Rows – dumbbells	3 sets - 12 reps
High Back Rows - machine	3 sets - 12 reps
Good Mornings – small barbell	3 sets - 10 reps
Bent Back Flys – dumbbells	3 sets - 12 reps

Shoulders

Seated Shoulder Press – machine, dumbbells	3 sets - 12 reps
Upright Rows – smith machine or small barbell	3 sets - 12 reps
Seated Lateral Raises - machine	3 sets - 12 reps
Rear Delts – pec fly machine, face pulls – cables, rope	3 sets - 12 reps
Front Raises – dumbbells	3 sets - 12 reps

Chest

Bench Press – smith machine	3 sets - 10 reps
Chest Flys – pec/ fly machine	3 sets - 12 reps
Incline Chest Press – dumbbells	3 sets - 10 reps
Chest Press – machine	3 sets - 10 reps

Biceps

Preacher Curls – easy bar, machine	3 sets - 10 reps
Hammer Curls - dumbbells	3 sets - 12 reps
Pull Ups – reverse grip, machine, assisted	3 sets - 10 reps
Incline Dumbbell Curls – dumbbells, bench	3 sets - 12 reps
Reverse Bicep Curls – small barbell	3 sets - 10 reps

Triceps

Dips – machine, assisted	3 sets - 10 reps
Tricep Press - machine	3 sets - 15 reps
Tricep Extensions – v bar	3 sets - 15 reps
Tricep Extensions – cables	3 sets - 12 reps
One Arm Kickbacks – dumbbells	3 sets - 15 reps

Abs/ Core

Mountain Climbers	3 sets - 1 minute
Russian Twists – both sides = 1 rep	3 sets - 1 minute
Sit Ups – roman chair	3 sets - 15 reps
Crunches – floor, machine	3 sets - 20 reps

Cardio

Treadmill – run, jog	15 minutes
Stair Stepper	30 minutes
Rowing – machine	15 minutes

Week 7

Legs & Glutes

Squats – barbell, smith machine	3 sets - 12 reps
Box Steps – dumbbells, box, or bench	3 sets - 10 reps ea. leg
Hip Thrusts – smith machine, machine	3 sets - 15 reps
Calf Raises/ Extensions – machine, smith machine	3 sets - 20 reps
Goblet Squats – 1 dumbbell	3 sets - 12 reps
Glutes – lunges, slight lean forward	3 sets - 20 steps
Ski Squats – feet touching, dumbbells	3 sets - 12 reps

Back

Seated Back Rows – machine, reverse grip	3 sets - 12 reps
Lateral Pull Downs – cables – V bar	3 sets - 12 reps
Bent Back Rows – dumbbells	3 sets - 10 reps
Back Extensions – machine, lean back	3 sets - 15 reps
Pull Ups - assisted	3 sets - 12 reps

Shoulders

Seated Shoulder Press – sm. barbell, machine	3 sets - 10 reps
Front Shoulder Raises – weight plate, dumbbells	3 sets - 10 reps
Lateral Raises - dumbbells	3 sets - 10 reps
Rear Delts – seated cable row, ropes, face pulls	3 sets - 12 reps
Upright Rows – sm. barbell, easy bar, smith machine	3 sets - 12 reps

Chest

Chest Press – dumbbells touching - bench	3 sets - 10 reps
Incline Chest Press – small barbell, smith machine	3 sets - 10 reps
Chest Flys – dumbbells	3 sets - 10 reps
Chest Raises – dumbbells, sm. barbell	3 sets - 10 reps

Biceps

Incline Bicep Curls – dumbbells, incline bench, both arms	3 sets - 10 reps
Bicep Curls - machine	3 sets - 10 reps
Bicep Curls – small barbell	3 sets - 10 reps
Preacher Curls – machine	3 sets - 10 reps
Bicep Curls – cables	3 sets - 10 reps

Triceps

Tricep Extensions – machine	3 sets - 12 reps
Skull Crushers – easy bar, dumbbells	3 sets - 12 reps
Overhead Tricep Extensions – rope	3 sets - 12 reps
Push Ups	3 sets - 10 reps
Tricep Extensions – reverse grip, cables	3 sets - 15 reps

Abs/ Core

Obliques – torso rotation machine	3 sets - 20 reps ea. side
Scissor Kicks	3 sets - 1-minute
Leg/ Knee Raises – ab/ dip bar	3 sets - 20 reps
Crunches – floor, machine	3 sets - 20 reps

Cardio

Burpees	3 sets - 1-minute rounds
Jump Rope	30 sec intervals w/ 30 sec rest x 3
Stair Stepper	20 minutes

Week 8

Legs & Glutes

Bulgarian Split Squats – dumbbells, smith machine	3 sets - 10 reps ea. leg
Leg Curls – cables/ ankle strap, machine	3 sets - 15 reps
Calf Raises/ Extensions – machine	3 sets - 25 reps
Leg Press – machine, feet touching	3 sets - 15 reps
Hip Abduction/ Adduction - machine	3 sets - 15 reps ea. side
Glutes – Kickbacks, machine, hip thrusts, cables	3 sets - 15 reps
Sled – push there pull back = 1 rep	3 sets – there & back x 2

Back

High Rows - machine	3 sets - 12 reps
Bent Back Flys - dumbbells	3 sets - 10 reps
Romanian Dead Lifts – small barbell, dumbbells	3 sets - 12 reps
Lateral Pull Downs – reverse grip - cables	3 sets - 15 reps
One Arm Rows – dumbbell	3 sets - 12 reps

Shoulders

Standing Shoulder Press – small barbell	3 sets - 10 reps
Lateral/ Shoulder Raises -- dumbbells	3 sets - 10 reps
Seated Front Raises – dumbbells, sm. barbell	3 sets - 10 reps
Rear Delts Extensions – pec fly machine	3 sets - 10 reps
Front Raises – sm. barbell, dumbbells	3 sets - 10 reps

Chest

Incline Chest Press – machine, dumbbells	3 sets - 10 reps
Chest Flys – pec fly machine	3 sets - 10 reps
Seated Chest Press – machine	3 sets - 10 reps
Push Ups - floor	3 sets - 10 reps

Bicep

Bicep Curls – small barbell	3 sets - 12 reps
Alternating Bicep Curls – dumbbells	3 sets - 10 reps ea. arm
Bicep Curls – machine	3 sets - 10 reps
Hammer Curls - dumbbells	3 sets - 10 reps
Cable Curls – cables	3 sets - 15 reps

Triceps

Tricep Press – machine	3 sets - 15 reps
Tricep Extensions – cables, rope	3 sets - 15 reps
Tricep Extensions – machine	3 sets - 15 reps
One Arm Kickbacks – cables, dumbbells	3 sets - 15 reps
Overhead Tricep Press – 1 dumbbell	3 sets - 12 reps

Abs/ Core

Roman Chair - sit ups, crunches, use weight	3 sets - 15 reps
Torso Rotations – cables, machine	3 sets - 12 reps
Knee Raises – ab/ dip bar	3 sets - 20 reps
Sit Ups – floor, 10lb weight	3 sets - 15 reps

Cardio

Elliptical	20 minutes
Stationary Bike	20 minutes
Treadmill	20 minutes

Week 9

Legs & Glutes

Dead Lifts – hexagon barbell, barbell	4 sets - 10 reps
Sumo Squats – smith machine	4 sets - 12 reps
Calf Raises/ Extensions –machine, smith machine	4 sets - 20 reps
Glutes – roman chair, back raises, 1 dumbbell	4 sets - 15 reps
Kickbacks – machine, 12 reps heavy/ 20 reps light	4 sets - 12/20 reps
Glutes – hip thrusts, smith machine, bench	4 sets - 12 reps
Leg Curls – machine	4 sets - 12 reps

Back

Pull Ups – machine, assisted	4 sets - 12 reps
Bent Back Flys – dumbbells	4 sets - 15 reps
Romanian Dead Lifts – small barbell, dumbbells	4 sets - 15 reps
Bent Back Rows – smith machine, sm. barbell, dumbbells	4 sets - 12 reps

Shoulders

Seated Front Raises - dumbbells	4 sets - 12 reps
Shoulder Press – machine, dumbbells	4 sets - 12 reps
Side Lateral/ Shoulder Raises - machine	4 sets - 12 reps
Rear Delt – pec/ delts machine, face pulls	4 sets - 15 reps

Chest

Incline Chest Flys - dumbbells	4 sets - 12 reps
Bench Press – bench, dumbbells	4 sets - 10 reps
Cable Flys – cables	4 sets - 12 reps
Incline Chest Press – dumbbells	4 sets - 10 reps

Biceps

Bicep Curls – incline bench, dumbbells, both arms	4 sets - 10 reps
Preacher Curls – machine	4 sets - 12 reps
Bicep Curls – dumbbells, alternating	4 sets - 12 reps
Pull Ups – assisted, reverse grip	4 sets - 15 reps

Triceps

Skull Crushers w/ Chest Press – easy bar	4 sets - 10 & 10 reps
Push Ups – floor	4 sets - 10 reps
Overhead Tricep Press – 1 dumbbell	4 sets - 15 reps
Tricep Extensions – reverse grip, cables	4 sets - 15 reps

Abs/ Core

Crunches - machine	4 sets - 25 reps
Torso Rotation – machine, cables	4 sets - 15 reps ea. side
Leg Raises – dip bar	4 sets - 20 reps

Cardio

Treadmill – run or jog	20 minutes
Rowing	15 minutes
Elliptical	15 minutes

Week 10

Legs & Glutes

Box Steps – dumbbells, box, or bench	4 sets - 10 reps ea. leg
Ski Squats – dumbbells, feet touching	4 sets - 15 reps
Leg Curls – machine, cables	4 sets - 15 reps
Calf Raises – machine	4 sets - 15 reps
Static Lunges – dumbbells	4 sets - 10 reps ea. leg
Hip Abductor/ Adductor – machine	4 sets - 15 reps ea. side
Glutes – machine, kickbacks	4 sets - 15 reps

Back

Assisted Pull Ups – alternate wide/ close grip	4 sets - 10 reps
Bent Back Flys – dumbbells	4 sets - 12 reps
Good Mornings – small barbell	4 sets - 15 reps
Back Rows – machine	4 sets - 15 reps
Lateral Pulldowns – machine	4 sets - 12 reps

Shoulders

Shoulder Press - machine	4 sets - 12 reps
Lateral/ Shoulder Raises - cables	4 sets - 15 reps
Rear Delts – pec/ fly machine	4 sets - 12 reps
Front Shoulder Raises – small barbell, weight plate	4 sets - 10 reps

Chest

Incline Chest Flys - dumbbells	4 sets - 15 reps
Seated Chest Press - machine	4 sets - 15 reps
Chest Flys – cables	4 sets - 15 reps
Chest Press – dumbbells touching	4 sets - 10 reps

Biceps

Bicep Curls – small barbell	4 sets - 12 reps
Bicep Curls – cables	4 sets - 15 reps
Bicep Curls – machine	4 sets - 10 reps
Hammer Curls – alternating, dumbbells	4 sets - 10 reps

Triceps

Dips – bench	4 sets - 15 reps
Tricep Kickbacks – dumbbells	4 sets - 12 reps
Tricep Extensions - machine	4 sets - 20 reps
Overhead Tricep Extensions – rope	4 sets - 15 reps

Abs/ Core

Decline Crunches	4 sets - 20 reps
Crunches – machine	4 sets - 30 reps
Leg Raises – dip bar	4 sets - 20 reps

Cardio

Elliptical	15 minutes
Jumping Jacks	4 sets - 1-minute rounds
Burpees	4 sets - 1-minute rounds

Week 11

Legs & Glutes

Bulgarian Split Squats – dumbbells, smith machine	4 sets - 12 reps ea. leg
T Bar Squats – barbell	4 sets - 10 reps
Back Raises – roman chair, 1 dumbbell	4 sets - 15 reps
Calf Raises – machine, smith machine	4 sets - 15 reps
Hip Thrusts – smith machine, barbell, weight, bench	4 sets - 12 reps
Lunges – dumbbells, small barbell	4 sets - 20 steps
Romanian Dead Lifts – barbell, dumbbells	4 sets - 10 reps

Back

Seated Cable Rows – cables	4 sets - 10 reps
Lateral Pull Downs – cables	4 sets - 10 reps
Bent Back Rows – dumbbells - both arms	4 sets - 10 reps
Back Raises – machine, weight plate	4 sets - 12 reps

Shoulders

Shoulder Press – dumbbells	4 sets - 10 reps
Lateral Raises – dumbbells	4 sets - 10 reps
Rear Delts – pec/ fly machine	4 sets - 10 reps
Cable Shoulder Press – cables, v bar, stand or kneel	4 sets - 12 reps

Chest

Incline Chest Press - machine	4 sets - 10 reps
Chest Flys - cables	4 sets - 12 reps
Chest Press – dumbbells, bench	4 sets - 10 reps
Seated Chest Flys – pec machine	4 sets - 12 reps

Biceps

Bicep Curls – both arms, dumbbells	4 sets - 10 reps
Bicep Curls – cables	4 sets - 15 reps
Hammer Curls – dumbbells	4 sets - 10 reps
Bicep Curls – machine	4 sets - 10 reps

Triceps

Skull Crushers w/ Chest Press – easy bar	4 sets - 10 & 10 reps
Tricep Extensions – cables, rope	4 sets - 15 reps
Tricep Extensions – machine	4 sets - 12 reps
Dips – bench/ box	4 sets - 12 reps

Abs/ Core

Basic Crunches	4 sets - 20 reps
Planks	4 sets - 1 minute
Flutter Kicks	4 sets - 1 minute

Cardio

Treadmill – run or jog	20 minutes
Stair Stepper	15 minutes
Elliptical	20 minutes

Week 12

Legs & Glutes

Leg Extensions – machine	4 sets - 15 reps
Leg Curls - machine	4 sets - 15 reps
Split Squats – dumbbells	4 sets - 12 reps ea. leg
Goblet Squats – 1 dumbbell, weight plate	4 sets - 12 reps
Glutes – kickbacks, glutes machine, cables w/ ankle strap	4 sets - 15 reps ea. leg
Calf Raises – machine, smith machine	4 sets - 25 reps
Glutes – roman chair, 1 dumbbell, back raises	4 sets - 15 reps

Back

Pull Ups - assisted	4 sets - 12 reps
Seated Back Rows - machine	4 sets - 12 reps
Romanian Dead Lifts - dumbbells	4 sets - 12 reps
Bent Back Flys – dumbbells	4 sets - 12 reps

Shoulders

Shoulder Press – dumbbells	4 sets - 10 reps
Lateral/ Shoulder Raises - dumbbells	4 sets - 10 reps
Seated Rear Delts – pec/ delts machine	4 sets - 10 reps
Front Raises – dumbbells	4 sets - 10 reps

Chest

Chest Press – bench - smith machine	4 sets - 12 reps
Chest Flys – pec machine	4 sets - 15 reps
Incline Chest Press - machine	4 sets - 12 reps
Incline Chest Flys – dumbbells	4 sets - 10 reps

Biceps

Hammer Curls – dumbbells - alternating	4 sets - 10 reps
Bicep Curls – small barbell	4 sets - 12 reps
Cable Curls - cables	4 sets - 15 reps
One-Arm Preacher Curls – dumbbell	4 sets - 10 reps

Triceps

Tricep Press – machine	4 sets - 15 reps
Tricep Extensions - machine	4 sets - 12 reps
Tricep Kickbacks – cables, dumbbells	4 sets - 15 reps
Tricep Extensions – machine	4 sets - 12 reps

Abs/ Core

Crunches – roman chair	4 sets - 20 reps
Leg Raises – ab/ dip bar	4 sets - 20 reps
Bicycle Kicks	4 sets - 1 minute

Cardio

Stationary Bike	20 minutes
Rowing	20 minutes
Stair Stepper	20 minutes

