

12 Week Transformation Gym Workout Program

Created by [Murshid Akram](#)

Administrator of the [The Fitness Phantom](#)

Article Link – thefitnessphantom.com/12-week-body-transformation-workout-plan-with-free-pdf/

- Week 1 – Full-Body Split
- Week 2 – Full-Body Split
- Week 3 – Upper/Lower Split
- Week 4 – Upper/Lower Split
- Week 5 – Push, Pull, Legs (PPL)
- Week 6 – Push, Pull, Legs (PPL)
- Week 7 – Upper and Lower Mix
- Week 8 – Upper and Lower Mix
- Week 9 – Bro Split
- Week 10 – Bro Split
- Week 11 – Upper and Lower Combine
- Week 12 – Upper and Lower Combine

Goal	Body Transformation (Strength and Gain)
Workout Frequency	5-6 days a week
Difficulty level	Beginner to Intermediate
Duration of each session	75-90 minutes
PDF of This Workout Plan	At the Bottom
Rest Between sets	1-2 minutes
Alternate Plan	30-Day Muscle Building Plan

[Full Body workout split](#) will help you boost strength, so when you work out on a specific muscle, you can lift heavy loads.

[Upper/lower split](#) and [PPL](#) will allow you to target a few muscles specifically and help you beef up mass.

And the Bro-split allows you to strengthen and build a specific muscle in a single workout session.

I've incorporated various routine types in this 12 week transformation program so you can enjoy building strength and hypertrophy.

One of the crucial things is to increase your lifting ability over time – if you want to beef up muscles mass.

12 Week Body Transformation Workout Plan

Week 1 – Full-Body Split

Frequency: 5 days a week

Rest days: Thursday and Sunday

Monday

Exercise	Muscles Worked	Reps
Treadmill Run	Full-body	2-5 minute
Barbell Back Squat	Legs	15, 12, 10
Leg Press Machine	Legs	12, 10, 8
Incline Bench Press	Chest & Triceps	12, 10, 8
Overhead Press	Shoulder	12, 10, 8
Barbell Bent Over Row	Back	12, 10, 8
Face Pull	Back and Shoulder	12, 10, 8
Plank	Core	60-sec
Side Plank	Core	30-sec/side

Tuesday

Exercise	Muscles Worked	Reps
Pull-up	Back and Biceps	AMRAP x 3
Deadlift	Legs and Back	5, 4, 2, 1
Single-arm DB Rowing	Back and Biceps	10, 8, 6

Exercise	Muscles Worked	Reps
Dumbbell Pullover	Legs	12, 10, 8
Cable Flies	Back and Chest	12, 10, 8
Lateral Raises	Shoulder	12, 10, 8
Upright Row	Shoulder and Upper Trap	12, 10, 8
Hanging Knee Raise	Core	10 x 2

Wednesday

Exercise	Muscles Build	Reps
Weighted Lunges	Quad, and Hams	12, 10, 8
Hamstring Curl	Hamstrings	12, 10, 8
Weighted Push-up	Chest and Triceps	AMRAP x 3
Flat Bench Press	Chest and Triceps	12, 10, 8
Bar Dips	Triceps and Chest	AMRAP x 3
Barbell Front Raises	Shoulder	12, 10, 8
Bent-over Lateral Raise	Shoulder	12, 10, 8
Chinups	Back and Biceps	AMRAP x 3

Friday

Exercise	Muscles Worked	Reps
Barbell Back Squat	Legs	15, 12, 10
Lat Pulldown	Back	12, 10, 8
Seated Cable Rowing	Back	12, 10, 8
Chinups	Biceps and Back	AMRAP x 3
Reverse Fly	Back and Shoulder	12, 10, 8
Military Press	Shoulder	12, 10, 8
Shoulder Shrug	Shoulder	12, 10, 8

Exercise	Muscles Worked	Reps
Glutes Bridge	Glutes	10 x 2

Saturday

Exercise	Muscles Worked	Reps
Flat Bench Press	Chest	15, 12, 10
DB Incline Bench Press	Chest	12, 10, 8
Narrow Grip Bench Press	Triceps and Chest	12, 10, 8
Bent-Over Row	Back	12, 10, 8
Upright Row	Back and Shoulder	12, 10, 8
Calf Raise	Calves	12, 10, 8
Reverse Crunches	Core	20
Sit-up	Core	20
Leg Raises	Core	10
Plank	Core	60-sec
Side Plank	Core	30-sec/side

Week 2 – Total Body Split

In the second week of the 12 Week Body Transformation Workout Plan, you can replace some exercises from the first-week routine.

For example, you can replace treadmill run warm-up workout with a stationary bicycling, barbell squat with hack squat, barbell RDL to good morning, and military press with Arnold press.

Depending on your fitness level, you can choose compound workouts that work on your entire body.

You can also repeat the same exercise in the second week if you don't want to change.

Week 3 – Upper/Lower Split

Monday – Chest, and Triceps

Workout	Reps
Flat Bench Press	15, 10, 8, 6
Incline Dumbbell Press	12, 10, 8, 6
Machine/Cable Fly	12, 10, 8, 6
Dumbbell Pullover	12, 10, 8
Bar Dips	AMRAP x 3
Triangle Pushup	AMRAP x 2
Skull Crushers	12, 10, 8, 6
Rope Pushdown	12, 10, 8, 6

Tuesday – Quadriceps, and Calves

Workout	Reps
Barbell Back Squat	15, 12, 10
Machine Leg Press	12, 10, 8
Leg Extension	15, 12, 10
Dumbbell Lunges	12, 10, 8
Sumo Squat	12, 10, 8
Calf Raises	12, 10, 8

Wednesday – Back and Biceps

Workout	Muscles	Reps
Pullup/Assisted PU	Back	6-8 x 3
Deadlift	Back	6, 4, 2
Lat Pulldown	Back	12, 10, 8
Seated Cable Rowing	Back	10, 8, 8
Single-arm DB Rowing	Back	10 x 2

Workout	Muscles	Reps
Barbell Curl	Biceps	10 x 2
Concentration Curl	Biceps	10 x 2
Preacher Curl	Biceps	60 sec

Friday – Hamstrings and Glutes

Workout	Reps
Barbell Good Morning	10 x 2
Dumbbell Step Up	10 x 2
Hamstring Curl	10 x 2
Barbell RDL	8, 6, 4
Bulgarian Split Squat	10 x 2
Barbell Hip Thrust	12, 10, 8

Saturday – Shoulder and Core

Exercise	Reps
Military Press	10, 8, 6
Front Raises	10, 8, 6
Lateral Raises	10, 8, 6
Rear Delt Fly	10, 8, 6
Upright Row	10, 8, 6
Reverse Crunches	10 x 2
Sit-ups	10 x 2
Leg Raises	10 x 2
Plank	60-sec
Side Plank	30-sec

Week 4 – Upper/Lower Split

You can do the same workouts that you have done in the third week. However, you can add and replace some exercises based on your fitness level in the fourth week of 12 week transformation workout program.

You can select some of the best workouts from the [dumbbell compound movements](#) if you like.

Week 5 – Push, Pull, Legs (PPL)

Monday– Chest, Shoulder, and Triceps

Workout	Reps
Flat Barbell Bench Press	12, 10, 8
Incline DB Bench Press	10, 8, 6
Bar Dips	12, 10, 8
Overhead Press	10, 8, 6
Lateral Raises	10, 8, 6
Barbell Front Raise	10, 8, 6
Triceps Kickback	10, 8, 6

Tuesday – Back, Biceps, and Core

Workout	Reps
Pullup	AMRAP x 3
Standard Deadlift	6, 4, 2
Pulldown	12, 10, 8
Seated Rowing	10, 8, 8
Face pull	10 x 2
Barbell Curl	10 x 2
Incline DB Curl	10 x 2
Mountain Climber	30-sec x 2
Plank	60-sec x 2

Workout	Reps
Side Plank	30-sec x 2

Wednesday – Legs

Workout	Reps
Lunges	10 x 2
Barbell Back Squat	15, 12, 10
Machine Leg Press	15, 12, 10
Barbell RDL	8, 6, 4
Hamstring Curl	10 x 3
Barbell Hip Thrust	10 x 3
Calf Raises	15, 12, 10

Thursday – Chest, Shoulder, and Triceps

Workout	Reps
Incline Barbell Bench Press	12, 10, 8, 6
Pec Dec Fly/Cable Fly	12, 10, 8
DB Overhead Press	10, 8, 6
Front Raise	10, 8, 6
Lateral Raise	10, 8, 6
Narrow Grip Bench Press	10, 8, 6
Bench Dips	10, 8, 6

Friday – Tuesday – Back, Biceps, and Core

Workout	Reps
Pullup	AMRAP x 3
Pulldown	12, 10, 8
Bent-over Barbell Row	10, 8, 8

Workout	Reps
Seated Rowing	10 x 2
Cable Curl	10 x 2
Preacher Curl	10 x 2
Reverse Crunches	15 x 2
Leg Raises	10 x 2
Toe Touch Crunches	10 x 2

Saturday – Legs

Workout	Reps
Dumbbell Step-up	10 x 2
Barbell Jammers	15, 12, 10
Machine Leg Press	15, 12, 10
Leg Extension	15, 12, 10
Hamstring Curl	10 x 3
Weighted Glute Bridge	10 x 3

Week 6 – Push, Pull, Legs (PPL)

You can repeat the 5th-week routine, or you can make some changes in the sixth week, depending on your choice.

Week 7 - Upper Lower Combine

You'll train your large muscles twice a week, such as a chest, back, shoulder, and legs – in the seventh week of your fitness transformation workout plan.

Monday – Chest, Glutes, and Calves

Workout	Reps
Flat Bench Press	15, 10, 8, 6

Workout	Reps
Incline Dumbbell Press	12, 10, 8, 6
Machine/Cable Fly	12, 10, 8
Dumbbell Pullover	12, 10, 8
DB Step-up	AMRAP x 3
Barbell Hip Thrust	AMRAP x 2
Calf Raises	12, 10, 8, 6

Tuesday – Back and Hamstrings

Workout	Reps
Pullup	AMRAP x 3
Deadlift	6, 4, 2
Lat Pulldown	12, 10, 8, 6
Seated Cable Rowing	10, 8, 8, 6
Single-arm DB Rowing	10 x 2
Hamstring Curl	10 x 2
DB Good Morning	10 x 2
Dumbbell RDL	8 x 3

Wednesday – Shoulder and Core

Exercise	Reps
Military Press	10, 8, 6
Front Raises	10, 8, 6
Lateral Raises	10, 8, 6
Rear Delt Fly	10, 8, 6
Upright Row	10, 8, 6
Mountain Climber	10 x 2
DB Side Bend	10 x 2

Exercise	Reps
Hanging Knee Raise	10 x 2
Plank	60-sec x 2

Thursday – Quadriceps and Arms

Workout	Reps
Barbell Back Squat	15, 12, 10
Machine Leg Press	12, 10, 8
Leg Extension	15, 12, 10
Dumbbell Lunges	12, 10, 8
Sumo Squat	12, 10, 8
Calf Raises	12, 10, 8

Friday – Chest, Glutes, and Calves

Workout	Reps
Flat Bench Press	12, 10, 8, 6
Incline Bench Press	12, 10, 8, 6
Dumbbell Fly	10, 8, 6
Bar Dips	AMRAP x 3
Dumbbell RDL	10, 8, 6
Glute Bridge	12, 10, 8
Calf Raises	12, 10, 8, 6

Saturday – Back and Shoulder

Workout	Reps
Pullup	AMRAP x 3
Lat Pulldown	12, 10, 8, 6
Seated Cable Rowing	12, 10, 8, 6

Workout	Reps
Barbell T Rowing	12, 10, 8, 6
Face Pull	10 x 3
Upright Row	10 x 3
Seated Reverse Fly	10 x 3

Week 8 – Upper and Lower Mix

Do the same exercises as you have done during the seventh week of the fitness transformation workout program.

However, you can include or exclude some exercises if you like. You can also train your quads with the chest or core with the back. It's up to you; there are no disadvantages.

Week 9 – Bro Split Workout Program for Body Transformation

In the 12-week body transformation workout plan, I've incorporated the Bro-split program. The bro-split allows you to build up one muscle in one day. For instance, chest on Monday, legs on Tuesday, back on Wednesday, and so on.

So let's see how you can do that.

- **Monday:** Chest
- **Tuesday:** Legs
- **Wednesday:** Back
- **Thursday:** Shoulder
- **Friday:** Biceps and Core
- **Saturday:** Triceps and Core

Day 1 – Chest

Exercises	Reps
Barbell Flat Bench Press	12, 10, 8, 6, 4
DB Incline Bench Press	12, 10, 8

Exercises	Reps
Incline Cable Fly	10 x 3
Dumbbell Pullover	10 x 3
Bar Dips	AMRAP x 3
Dumbbell Squeeze Press	10 x 2

Day 2 – Legs

Exercises	Reps
Dumbbell Lunges	10 x 2
Barbell Back Squat	15, 12, 10, 8
Machine Leg Press	15, 12, 10, 8
Hamstring Curl	12, 10, 8
Dumbbell RDL	8 x 2
Barbell Hip Thrust	12, 10, 8
Calf Raises	15, 12, 10

Day 3 – Back

Exercises	Reps
Standard Deadlift	AMRAP x 3
Pull-ups	AMRAP x 3
Lat Pulldown	10, 8, 6, 4
T Bar Rowing	10, 8, 6, 4
Bent-Over Barbell Row	10, 8, 6, 4
Seated Rowing	10, 8, 6, 4
Face Pull	10 x 2

Day 4 – Shoulder

Exercises	Reps
Military Press	12, 10, 8, 6
Dumbbell Front Raises	10, 10, 8
Lateral Raise	10, 10, 8
Bent-over Rear Delt Fly	10, 10, 8
Barbell Upright Row	12, 10, 8
Shoulder Shrug	12, 10, 8

Day 5 – Biceps and Core

Exercises	Reps
Chinups	AMRAP x 3
Barbell Curl	12, 10, 8, 6
Incline DB Curl	10 x 3
Concentration Curl	10 x 3
Preacher Curl	10 x 3
Wrist Curl	10 x 3
DB Side Bend	10 x 2
Hanging Knee Raise	10 x 2
Mountain Climbing	30-sec x 2
Plank	60-sec x 2

Day 6 – Triceps and Core

Exercises	Reps
Narrow Grip Bench Press	AMRAP x 3
Parallel Bar Dips	15, 12, 10
Skull Crusher	15, 12, 10
DB Overhead Extension	10, 8, 6
Rope Pushdown	10, 8, 6

Exercises	Reps
Tricep Kickback	10, 8, 6
Russian Twist	20-sec x 2
Crunches	10 x 2
Reverse Crunches	AMRAP x 2
Side Plank	30-sec/side

Week 10 – Bro Split

You can replace some workouts in the tenth week of the three-month transformation workout program. For example,

- Incline bench press, pec-dec fly, and push-ups for the chest;
- Arnold press, bent-arm lateral raise, and reverse fly for shoulders;
- Standing pull-down, inverted row and one-arm DB Rowing for back;
- Bench dips, bar pushdown, and cable overhead extension for triceps;
- Hammer curl, crossover curl and cable curl for biceps;
- Leg extension, hack squat, and barbell jammers for legs;
- And leg raises, bicycle crunches, Russian twist, and ab roller for core muscles.

Week 11 – Upper and Lower Combine

Monday – Chest, Glutes, and Calves

Workout	Reps
Flat Bench Press	15, 10, 8, 6
Incline Dumbbell Press	12, 10, 8, 6
Machine/Cable Fly	12, 10, 8
Dumbbell Pullover	12, 10, 8
DB Step-up	AMRAP x 3
Barbell Hip Thrust	AMRAP x 2

Workout	Reps
Calf Raises	12, 10, 8, 6

Tuesday – Back and Hamstrings

Workout	Reps
Pullup	AMRAP x 3
Deadlift	6, 4, 2
Lat Pulldown	12, 10, 8, 6
Seated Cable Rowing	10, 8, 8, 6
Single-arm DB Rowing	10 x 2
Hamstring Curl	10 x 2
DB Good Morning	10 x 2
Dumbbell RDL	8 x 3

Wednesday – Shoulder and Core

Exercise	Reps
Military Press	10, 8, 6
Front Raises	10, 8, 6
Lateral Raises	10, 8, 6
Rear Delt Fly	10, 8, 6
Upright Row	10, 8, 6
Mountain Climber	10 x 2
DB Side Bend	10 x 2
Hanging Knee Raise	10 x 2
Plank	60-sec x 2

Thursday – Quadriceps and Arms

Workout	Reps
Barbell Back Squat	15, 12, 10
Machine Leg Press	12, 10, 8
Leg Extension	15, 12, 10
Dumbbell Lunges	12, 10, 8
Sumo Squat	12, 10, 8
Calf Raises	12, 10, 8

Friday – Chest, Glutes, and Calves

Workout	Reps
Flat Bench Press	12, 10, 8, 6
Incline Bench Press	12, 10, 8, 6
Dumbbell Fly	10, 8, 6
Bar Dips	AMRAP x 3
Dumbbell RDL	10, 8, 6
Glute Bridge	12, 10, 8
Calf Raises	12, 10, 8, 6

Saturday – Back and Shoulder

Workout	Reps
Pullup	AMRAP x 3
Lat Pulldown	12, 10, 8, 6
Seated Cable Rowing	12, 10, 8, 6
Barbell T Rowing	12, 10, 8, 6
Face Pull	10 x 3
Upright Row	10 x 3
Seated Reverse Fly	10 x 3

Week 12 – Upper Lower Combine

Repeat the week-11 schedule or make some changes according to your will.

List of Exercises with how-to instructions that you can use in your workout schedule.

1. [20+ Dumbbell Compound Exercises](#)
2. [Best Chest And Shoulder Workout To Build Muscle](#)
3. [Top 7 Back Workout For Mass Gain](#)
4. [Dumbbell Leg Exercises \(An Ultimate Guide\)](#)
5. [Best Glute And Hamstring Workout](#)
6. [Biceps And Triceps Workout At The Gym \(With PDF\)](#)

Explore More Workout Routines

- 1) [Gym Workout Plan For Women And Men With PDF](#)
- 2) [4 Day Compound Workout Routine \(5 Types\)](#)
- 3) [7 Day Gym Workout Plan With PDF](#)
- 4) [6 Day Gym Workout Schedule With PDF](#)