

12 Week Workout Plan for Females at Home

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Details about the Workout Program

1) How many days a week you'll train

Four times a week.

2) What you expect from this program:

This 12-week home workout plan may help you build muscle and lose weight simultaneously and help transform your physique. You'll feel stronger, fitter, and in good shape than before after you complete the workout.

3) What should be the daily workout duration:

You'll do 30 to 45 minutes of workout on every training day.

4) What kind of exercises you'll do in this program:

You'll perform various exercises in this training, from bodyweight cardio and muscle building to dumbbell and resistance band workouts.

5) Who can use this workout plan

This workout plan is particularly designed for females who want to improve their fitness and physique. Females from the 16 to 40 age group can try this workout, except those who are pregnant, taking medication, and suffering from any health issues. It's best to consult your healthcare experts before starting this program.

6) What will be the exercise difficulty:

I've included myriad exercises in this program, from beginner to intermediate level. The program will start with easy exercises and will be challenging as you move forward.

7) What equipment does it require:

Other than your own body weight, it will require dumbbells, resistance bands, and a flexible workout bench so you can perform a variety of exercises and accomplish better results.

Instructions to Follow the Workout Plan Effectively

- 1) Warm-up:** Do some warm-up exercises for five minutes on your strength training day.
- 2) Number of rounds:** Perform two rounds if you're starting out and three once you build strength and endurance.
- 3) Customization:** You can make desired changes to this routine, depending on your fitness level.
- 4) How to do exercises:** On your cardio day, perform exercises in circuits (do one exercise after another with little rest in between and then repeat). And on strength training day, perform all sets of each exercise individually.
- 5) Rest between rounds:** You can take 2-3 minutes of rest between rounds so that you can give your best during your cardio workout.
- 6) Consistency matters:** It's a 3-month workout plan, so it won't be easy to complete. But if you stay consistent and follow a proper diet, you'll see noticeable results.

12 Week Workout Plan Schedule

Week 1

Monday – Cardio

Exercise	Reps/time
Jog in place	15-sec
Mountain Climbers	15-sec
Jumping Jacks	15-sec
Flutter Kicks	15-sec
Ankle Hops	15-sec

Forearm Plank	30-sec
Squat Jump	10 reps

Repeat two to four times

Tuesday – Bodyweight Strength Workout

Exercise	Reps
Half Burpees	10 x 3
Kneeling Push-up	10 x 3
Lying IYT Raises	10 x 3
Standard Squat	10 x 3
Bench Dips	10 x 3
Front Lunges	10/side
Glute Bridge	10 x 3

Thursday – Cardio

Exercise	Reps/time
Air Squat	15 reps
Lateral Run	15-sec
High Knees	15-sec
Squat Pulses to Jump	3 pulses 1 jump x 6
Crunches	10 reps
Split Jump Squat	5 reps/side
Leg Raises	10 reps

Perform two to four rounds

Friday – Resistance Band Workout

Exercise	Reps	Sets
Resistance Band Floor Press	8-12	3
Resistance Band Deadlift	6-8	3

RB Overhead Press	8-12	3
Bent-over Resistance Band Row	10-12	3
Resistance Band Rear Delt Fly	10-12	3
RB Concentration Curl	8-12	3

Week 2

Monday – Cardio

Exercise	Reps/time
Jog in place	15-sec
Mountain Climbers	15-sec
Jumping Jack	15-sec
Shoulder Tap	10 taps/side
Reverse Crunches	15 reps
Alternate Heel Taps	15-sec
Side Plank	15-sec/side
Drop Squat	10 reps

Repeat two to four times

Tuesday – Bodyweight Workout

Exercise	Reps	Sets
Burpees	6-8	3
Superman	10-12	3
Kneeling Push-ups	8-12	3
Chair Dips	8-12	3
Reverse Lunges	8-10/side	2
Diamond Knee Push-ups	8-10	3

Single Leg Glute Kickback	8-10/side	2
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Thursday – Cardio

Exercise	Reps/time
Lateral Run	15-sec
Mountain Climbers	15-sec
High Knees	15-sec
Tabletop crunches	15-sec
Ankle Hops	15-sec
Flutter Kicks	30-sec
Jump Squats	10 reps
Plank	45-sec
Side Plank	15-sec/side

Repeat two to four times

Friday – Dumbbell Workout

Exercise	Reps	Sets
Dumbbell Front Squat	8-12	3
Dumbbell Overhead Press	10-12	3
Incline DB Bench Press	10-12	3
Dumbbell Pullover	8-10	3
One-arm Dumbbell Row	8-10	3
Dumbbell Biceps Curl	8-12	2

If you don't have dumbbells at home, perform bodyweight and resistance band exercises.

Week 3

Monday – Cardio

Exercise	Reps/time
Air Squat	15 reps
Mountain Climber	20-sec
High Knees	20-sec
Shoulder Tap	20-sec
Squat Thrust	10 reps
Russian Twist	5 reps/side
Lying Leg Raises	10 reps
Split Jump Squat	10 peps

Tuesday – Bodyweight and Resistance Band Workout

Exercise	Reps	Sets
Burpees	6-8	2
RB Suitcase Deadlift	8-10	3
Kneeling Push-ups	8-12	2
RB Floor Press	8-12	3
Squat	10-12	3
Banded Lateral Raises	8-10	3
Glute Bridge	8-10	2

Thursday – Cardio

Exercise	Reps/time
Inchworm	15 reps
Crossbody Mountain Climber	20-sec
High Knees	20-sec

Shoulder Tap	20-sec
Squat Thrust	10 reps
Side Plank Hip Raise	5 reps/side
Plank Jack	10 reps
Squat Jump	10 peps

Friday – Dumbbell and Bodyweight Workout

Exercise	Reps	Sets
Regular Push up	8-12	2
Floor I-Y-T Raise	8-10	3
DB Deadlift to Upright Row	8-12	2
Dumbbell Lunges	8-12	3
Dumbbell Bent-over Row	10-12	3
Dumbbell Glute Bridge	8-10	3

Week 4

Monday – Cardio

Exercise	Reps/time
Inchworm	15 reps
Shoulder Tap	20-sec
High Knees	20-sec
Bear Crawl	20-sec
Squat Jump	10 reps
Bicycle Crunches	5 reps/side
Plank Jack	10 reps

Plank Ankle Taps	20-sec
Squat Jump	10 peps

Tuesday – Bodyweight and Resistance Band Workout

Exercise	Reps	Sets
Banded Floor Press	6-8	2
Towel Pull inside	8-10	3
Kneeling Push-ups	8-12	2
Decline Press-up	8-12	3
Bench Dips	10-12	3
RB Hammer Curl	8-10	3
Resistance Band Pull Apart	8-10	2

Thursday – Cardio

Exercise	Reps/time
Jumping Jacks	20-sec
Diver Pushup	15 reps
Shoulder Tap	20-sec
Dead Bug Crunches	20-sec
Inchworm	20-sec
Curtsy Lunge	10 reps
Bicycle Crunches	5 reps/side
Plank Jack	10 reps
Side Plank Rotation	20-sec

Friday – Dumbbell Workout

Exercise	Reps	Sets
Dumbbell Front Squat	8-12	2
Incline DB Bench Press	8-10	3
Dumbbell Lateral Raises	8-12	2
One-arm Dumbbell Row	8-12	3
Dumbbell Lunges	10-12	3
Dumbbell Leg Curl	8-10	3

Week 5

Monday – Cardio

Exercise	Reps/time
Burpees	10 reps
Mountain Climber	15 reps
Reverse Crunches	20-sec
Kneeling Pushups	20-sec
Turkish Get Up	20-sec
Flutter Kicks	10 reps
Standard Crunches	5 reps/side
Plank Jack	10 reps
Lunge Front Kick	20-sec

Tuesday – Pull Workout

Exercise	Reps	Sets
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Inverted Row	8-12	2
Superman Pull	8-10	3
Incline Plank Rowing	8-12/side	2
Dumbbell Deadlift	6-8	3
Dumbbell Pullover	8-10	3
Dumbbell Shrugs	8-10	3

Thursday – Cardio

Exercise	Reps/time
Burpees	10 reps
Crossbody Mountain Climber	15 reps
Lunge Front Kick	20-sec
Kneeling Push-ups	20-sec
Kneeling Squat Jump	20-sec
Flutter Kicks	20-sec
Pushup Jack	5 reps/side
Sit Outs	10 reps/side
Sprint in Place	15-sec

Friday – Push Workout

Exercise	Reps	Sets
Standard Pushup	8-12	2
Dumbbell Floor Press	8-10	3
Dumbbell Arnold Press	8-12	3
Dumbbell Lateral Raises	10-12	3
Tricep Dips	10-12	3

Single-arm Tricep Extension	8-10/side	2
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Week 6

Monday – Cardio

Exercise	Reps/time
Inchworm	10 reps
Crossbody Mountain Climber	15 reps
Squat Jump	20-sec
Tuck Jump	20-sec
Power Maker	20-sec
Plank Jack	20-sec
Pulse with Squat Jump	20-sec
Kneeling Squat Jump	10 reps/side
Dead Bug Crunches	15-sec

Tuesday – Lower Body Workout

Exercise	Reps	Sets
Resistance Band RDL	8-12	2
Dumbbell Lunges	8-10	3
Dumbbell Step-up	8-12	3
Dumbbell Leg Curl	10-12	3
Dumbbell Glute Bridge	10-12	3

Thursday – Cardio

Exercise	Reps/time
Inchworm	10 reps

Crossbody Mountain Climber	15 reps
Squat Jump	20-sec
Shoulder Tap	20-sec
High Knees	20-sec
Plank Jack	20-sec
Reverse Crunches	20-sec
Kneeling Squat Jump	10 reps/side
Plank	45-60 sec
Side Plank	20-sec/side

Friday – Upper Body Workout

Exercise	Reps	Sets
Pushup	8-12	2
Chair Dips	8-10	3
Dumbbell Lateral Raise	8-12	3
Dumbbell One-arm Row	10-12	3
Dumbbell Rear Delt Raise	10-12	3
Bodyweight Superman Pull	10-12	3

Week 7

- **Monday** – [30-minute Low Intense Cardio](#)
- **Tuesday** – 30-minute Bodyweight Workout
- **Thursday** – 20-minutes HIIT
- **Friday** – 45-minutes Bodyweight and Resistance Band Workout

Week 8

- **Monday** – 30-minute Aerobic Workout
- **Tuesday** – 45-minute Dumbbell and Bodyweight Upper Body Workout
- **Thursday** – 20-minute High-Intensity Interval Training
- **Friday** – 45-minutes Lower Body Workout

Week 9

- **Monday** – 15-minute Full Body Cardio and [15 minutes Core specific workout](#)
- **Tuesday** – 30-minute Dumbbell Crossfit Workout
- **Thursday** – 45-minute Upper Body Workout
- **Friday** – 45-minute Lower Body Workout

Week 10

- **Monday** – 30-minutes Dumbbell HIIT Workout
- **Tuesday** – 45-minute Bodyweight and Resistance Band Upper Body Training
- **Thursday** – 30-minute Low Intense Cardio
- **Friday** – 45-minute Resistance Band and Bodyweight Lower Body Training

Week 11

- **Monday** – 20-minutes LISS and [10-min Abs Workout](#)
- **Tuesday** – 45-minute Bodyweight and Dumbbell Push Workout
- **Thursday** – 45-minute Pull Exercises
- **Friday** – 45-minute Leg Workout

Week 12

- **Monday** – 45-minute Push Workout
- **Tuesday** – 30-minute Cardio
- **Thursday** – 45-minute Pull Workout
- **Friday** – 45-minute Leg Workout

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