

12 WEEK WORKOUT PLAN FOR FEMALES AT HOME

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Workout Plan Description

- 1. Sessions/Week:** Four to six times weekly
- 2. Duration/Session:** 30-45 minutes workout per day
- 3. Program Goal:** It will help you achieve a strong, flexible, and attractive physique over time.
- 4. Types of Exercises You'll do in This Program:** This program involves performing a variety of exercises, from strength and aerobics to balance and flexibility, so you can take your fitness to the next level.
- 5. Equipment Needed:** Besides bodyweight, it also requires dumbbells, resistance bands, an adjustable bench, and an exercise mat so you can perform myriad exercises and shape your physique.
- 6. Who can use this workout plan:** This plan is particularly designed for females who want to transform their fitness level. 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.
- 7. Workout Difficulty:** I've included myriad exercises in this program, from beginner to intermediate. The program will start with easy exercises and will be challenging as you progress.

Instructions to Follow the Workout Routine 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.

The Best 12 Week Workout Plan for Females at Home

- Week 1 to 3 – Full Body Workout
- Week 4 to 6 – Push, Pull, and Legs (PPL)
- Week 7 to 9 – Upper and Lower Body Split
- Week 10 to 12 – Hybrid Split

Week 1 to 3 – Full Body Workout

- **Monday:** Bodyweight Strength Workout
- **Tuesday:** Endurance Cardio
- **Wednesday:** Total Body Strength Training
- **Thursday:** Moderate Cardio
- **Friday:** Total Body Workout
- **Saturday:** Balance and Flexibility
- **Sunday:** OFF
- Use resistance bands or dumbbells to perform strength exercises.

Monday – Bodyweight Strength Workout

Exercise	Sets	Reps
Half Burpees	2	10-12
Kneeling Push-up	3	10-15
Lying IYT Raises	3	8-12
Standard Squat	3	15-20
Bench Dips	3	10-15
Superman Pull	3	12-15
Front Lunges	3	10/leg

Tuesday – Endurance Cardio

- 15-sec Jog in place
- 15-sec Mountain Climbers
- 15-sec Jumping Jacks
- 20-sec **Flutter Kicks**
- 20-sec Shoulder Taps
- 20-sec Squat Jumps
- 30-sec Front Plank
- Repeat as many rounds as possible at low to moderate heart rate.

Wednesday – Total Body Strength Training

Exercise	Sets	Reps
Banded Squat	3	12-15
Overhead Press	3	12-15
Bent-Over Row	3	12-15
Floor Press	3	12-15
Biceps Curl	3	12-15
Reverse Lunges	3	10/leg

Thursday – Moderate Cardio

- 15-sec Jumping Jacks
- 15-sec Cross Body Mountain Climber
- 15-sec High Knee Taps
- 20 Shoulder Taps (10 reps on each side)
- 12 Jumping Lunges (6 reps per leg)
- 20 **Side Plank Hip Taps** (20 reps/side)
- 10 Reverse Crunches
- 1-min Plank
- Perform three to five rounds for time.

Friday – Total Body Workout

Exercise	Sets	Reps
Banded Deadlift	3	8-12
Kneeling Push-up	3	10-12
Resistance Band Row	3	12-15
Lateral Raises	3	10-12
Rear Delt Fly	3	10-12
Banded/DB Glute Bridge	3	12-15

Saturday – Balance and Flexibility

- 15-second Warrior I
- 20-second **Downward Facing Dog** (10 seconds hold on each side)
- 15-second Half Forward Bend
- 15-second Upward Salute
- 30-second Low Lunge (15 seconds on each side)
- 15-sec Cobra Pose
- 1-minute Cat-Cow Pose (5 seconds cat pose and cow pose each x 6)
- Repeat three to four times.

Week 4 to 6 – Push, Pull, and Legs (PPL)

- **Monday:** Push Workout
- **Tuesday:** Steady Cardio
- **Wednesday:** Pull Workout
- **Thursday:** HIIT Cardio
- **Thursday:** Leg Workout
- **Saturday:** Mobility Exercises
- **Saturday:** OFF

Monday – Push Workout

Exercise	Sets	Reps
Incline DB Bench Press	3	12-15
Standing Chest Press	3	12-15
Overhead Press	3	12-15
Lateral Raises	3	10-15
Overhead Triceps Extension	3	10-15
Bench Dips	3	10-15

Tuesday – Steady Cardio

- 15-sec Ankle Hops
- 15-sec Mountain Climbers
- 15-sec Jumping Jacks
- 20-sec Alternating Heel Taps
- 20-sec Shoulder Taps
- 20-sec Squat Jumps
- 30-sec Front Plank
- 10 Half Burpees
- Repeat as many rounds as possible at low to moderate heart rate.

Wednesday – Pull Workout

Exercise	Sets	Reps
Suitcase Deadlift	3	8-12
Bent-over Row	3	12-15
Seated Band Row	3	12-15
One-arm DB Row	3	10/side
Concentration Curl	3	10/arm
Hammer Curl	3	12-15

Thursday – HIIT Cardio

- 5 Burpees
- 15-second Cross-body High Knees
- 20 Shoulder Taps (10/side)
- 15-second Bicycle Crunches
- 5 Jumping Lunges
- 15-sec Mountain Climber
- 15-sec High Knee Taps
- 10 Plank-to-knee Taps (5/side)
- Take a 15 second break between exercises and 2 minutes after each round.
- Perform four to six rounds for time.

Friday – Leg Workout

Exercise	Sets	Reps
Goblet Squats	3	12-15
Lateral Lunges	3	10/leg
Reverse Lunges	3	10/leg
Romanian Deadlift	3	10-12
Lying Leg Curl	3	10-12
Frog Pumps	3	12-15

Saturday – Mobility Exercises

- Child's Pose
- Downward-Facing Dog Pose
- Cobra Pose
- Standing Forward Bend
- Triangle Pose
- Locust Pose
- Pyramid Pose

- Perform each exercise for 30 seconds.
- Repeat three to four times.

Week 7 to 9 – Upper and Lower Body Split

- **Monday:** Upper Body
- **Tuesday:** Lower Body
- **Wednesday:** Endurance Cardio
- **Thursday:** Upper Body
- **Friday:** Lower Body
- **Saturday:** HIIT Cardio
- **Sunday:** OFF

Monday – Upper Body Workout

Exercise	Sets	Reps
Incline DB Bench Press	3	12-15
Banded Svend Press	3	12-15
Overhead Press	3	12-15
Lateral Raises	3	10-15
Rear Delt Flies	3	10-15
Bench Dips	3	10-15

Tuesday – Lower Body Workout

Exercise	Sets	Reps
Goblet Squats	3	12-15
Reverse Lunges	3	10/leg
Romanian Deadlift	3	10-12
Lying Leg Curl	3	10-12
Frog Pumps	3	12-15
Glute Kickback	2	10/side

Wednesday – Endurance Cardio

- 15-sec Jumping Jacks
- 15-sec Mountain Climber
- 15-sec Flutter Kicks
- 20 Shoulder Taps (10/side)
- 10 Half Burpees
- 20-sec [Side Drills](#)
- 1-min Plank
- 15-sec High Knees
- 20 Side Plank per side
- Perform three to five rounds at moderate intensity.

Thursday – Upper Body Workout

Exercise	Sets	Reps
Banded Deadlift	3	8-12
Bent-over Row	3	12-15
Kroc Row	3	12-15
Concentration Curl	3	10/arm
Incline DB Curl	3	12-15
Lying I-Y-T Raises	3	10-12

Friday – Lower Body Workout

Exercise	Sets	Reps
Pop Squat	3	10-12
DB Cossack Squat	3	10/leg
One-leg Hamstring Bridge	3	10/side
Banded Hip Thrust	3	10-12

Saturday – HIIT Cardio

- 5 Burpees
- 15-sec Mountain Climber
- 15-second Cross-body High Knees
- 10 **Straight-arm to Forearm Plank**
- 10 Lunge Front Kicks on each side
- 10 Plank-to-knee Taps (5/side)
- 5 Star Jumps
- 20 Alternating Heel Taps (10 reps on each side)
- Take 15-second intervals between exercises and 2 minutes rest after each round.
- Perform four to six rounds for time.

Week 10 to 12 – Hybrid Split

- **Monday:** Chest, Triceps, Hamstrings, and Calves
- **Tuesday:** Endurance Cardio
- **Wednesday:** Back, Shoulder, and Biceps
- **Thursday:** HIIT Cardio
- **Friday:** Quads, Glutes, and Abdominals
- **Saturday:** Balance and Flexibility
- **Sunday:** OFF

Monday – Chest, Triceps, Hamstrings, and Calves

Exercise	Sets	Reps
Incline DB Bench Press	3	12-15
Banded Svend Press	3	12-15
Incline DB Chest Fly	3	12-15
Banded Triceps Press-down	3	12-15

Lying DB Leg Curl	3	10-15
Leaning DB Toe Raises	3	10-15

Tuesday – Endurance Cardio

- 15-sec Jumping Jacks
- 15-sec Mountain Climber
- 15-sec **Kneeling Jumps**
- 20 Shoulder Taps (10/side)
- 10 Half Burpees
- 1-min Plank
- 15-sec High Knees
- 20 Side Plank Hip Taps (10 per side)
- Perform three to five rounds at moderate intensity.

Wednesday – Back, Shoulder, and Biceps

Exercise	Sets	Reps
Banded Lat Pulldown	3	8-12
Bent-over DB Row/Seated Banded Row	3	12-15
Overhead Press	3	12-15
Side Delt Raises	3	12-15
Bent-over Lateral Raise	3	12-15
Concentration Curl	3	10/arm

Thursday – HIIT Cardio

- 5 Burpees
- 15-sec Mountain Climber
- 15-second Cross-body High Knees
- 20 Shoulder Taps (10 per side)
- 10 Lunge Front Kicks on each side
- 10 Plank-to-knee Taps (5/side)

- 5 Star Jumps
- 20 Alternating Heel Taps (10 reps on each side)
- Take 15-second intervals between exercises. Perform 4-6 rounds.

Friday – Quads, Glutes, and Abdominals

Exercise	Sets	Reps
Front Squat	3	10-12
Step-Up	2	10/leg
Banded/BW Bulgarian Squat	2	10/side
Banded Hip Thrust	3	10-12
Frog Pump	3	10-12
Reverse Crunches	3	15-20

Saturday – Balance and Flexibility

- Downward-Facing Dog Pose
- Child’s Pose
- Standing Forward Bend
- Cobra Pose
- Locust Pose
- Pyramid Pose
- Triangle Pose
- Perform each exercise for 30 seconds.
- Repeat three to four times.

Frequently Asked Questions

What Result Can You Expect After 12 Weeks?

This workout routine will bolster your muscular strength, improve your cardiovascular fitness, make you flexible, and help you achieve firm and shredded physique over time.

Can You Make Changes to This Routine?

You can make any changes you like; it is up to you. For example, if you don't have dumbbells, then you can replace them with bodyweight or [resistance band exercises](#).

I'm a Beginner. Can I use this routine?

Yes, this workout plan is suitable for all fitness enthusiasts, especially beginners and intermediate. However, you need to make some adjustment to fit your need.

Additional Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad

3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-Workout Stretching and Cool Down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. *Make Progress*

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. *Make Adjustment*

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Amazon](#) (Supplement)
3. [Bulk Extreme](#) (Supplement)
4. [Health and Wellness](#) (Amazon)

Helpful Resources:

1. [8 Best Bodyweight Hamstring Exercises at Home](#)
2. [12 Trap Exercises at Home for Sturdy Trapezius Muscle](#)
3. [5 Best Bodyweight Lat Exercises at Home \(No Pullup\)](#)
4. [10-Minute Abs Workout at Home \(No Equipment\)](#)

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