

# ULTIMATE 12-WEEK UPPER LOWER SPLIT WORKOUT FOR WOMEN

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Full URL: <https://thefitnessphantom.com/womens-12-week-upper-lower-split-with-pdf>

## Program Summary

Split Type	Upper-Lower Split
Workout Type	Resistance Strength Training
Target Gender	Females
Sessions per Week	5-6
Duration per Session	75-90 minutes
Workout Goal	Build Strength, Lean Mass, and Aesthetics
Program Duration	12 weeks

**Start your sessions with the following warm-up, then move to the main workout:**

- **Upper Body Warm-up**

- Shoulder Pass Through: 2-3 sets of 15-20 reps
- Banded Pull Apart: 2-3 sets of 15-20 reps
- World's Greatest Stretch: 1 set of 10 reps on each side
- Standing Bodyweight IYT Raises: 2 sets of 6-8 reps
- Inverted Rows: 2 sets of 10-20 reps
- Pul-ups: 2 sets of 10-20 reps

- **Lower Body Warm-up**

- Leg Swings: 2 sets of 10-15 swings per side

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- Hamstrings Stretch: 2-3 sets of 5-second stretch on each side
- Single-leg Deadlifts: 1-2 sets of 6-8 reps per leg
- Lateral Squats: 1-2 sets of 10-12 reps per leg
- Reverse Lunges to Knee Drive: 2 sets of 10-12 reps per leg
- Bodyweight Deep Squats: 2 sets of 15-20 reps

### Helpful Resources:

- [14 Best Resistance Band Warm-up Exercises](#)
- [20 Best Dynamic Warm-Up Exercises](#)
- [Ultimate List of Dumbbell Exercises](#)
- [Barbell Exercises List By Muscle Group](#)

## Weeks 1-4

- Day 1: Upper Body
- Day 2: Lower Body (Quads & Glutes)
- Day 3: Active Recovery (Low Impact Cardio)
- Day 4: Upper Body
- Day 5: Lower Body (Hamstrings & Glutes)
- Day 6: Active Recovery (LISS Cardio)
- Day 7: Full Day OFF

### Day 1: Upper Body

Exercise	Sets	Reps	Muscle
Pull-Ups (Assisted)	3	8-12	Back
DB Shoulder Press	3	12-15	Shoulder
Seated Pec Fly	3	15-20	Chest
Lat Pulldowns	3	15-20	Back
Bench Dips	3	15-20	Triceps
<a href="#">Cable Curls</a>	3	12-15	Biceps
<a href="#">Captain's Chair Knee Raises</a>	3	10-15	Abdominals

### Additional Instructions:

- Use a band or machine to do assisted pull-ups.

- Sit on the edge of a bench with your back resting against it to perform the shoulder presses.
- Use a medium-width and overhand grip for pulldowns.
- Grab an EZ or straight bar for cable curls.

## Day 2: Lower Body (Quads & Glutes)

Exercise	Sets	Reps	Muscle
Dumbbell Goblet Squats	3	15-20	Quads
<a href="#">Reverse Dumbbell Lunges</a>	3	10 per leg	Quads
Leg Extensions	4	15-20	Quads
<a href="#">Cable Glute Kickback</a>	3	10 per side	Glutes
<a href="#">Cable Pull Through</a>	3	10-15	Glutes
<a href="#">Long Lever Bridge Marching</a>	3	12-15	Glutes

## Day 3: Active Recovery (Low Impact Cardio)

Perform any activity that burns some calories, such as brisk walking, bicycling at a slow pace, or stretching.

## Day 4: Upper Body

Exercise	Sets	Reps	Muscle
Bar Dips (Assisted)	3	8-12	Triceps
<a href="#">Incline Hammer Strength Press</a>	3	12-15	Chest
<a href="#">High to Low Cable Fly</a>	3	15-20	Chest
Seated Cable Rows	3	15-20	Back
Lateral Cable Raises	3	10/side	Shoulders
Rear Delt Fly on Machine	3	15-20	Rear Delts
Plank & Side Plank (Superset)	3	–	Core

### Additional Instructions:

- Hold for 45 seconds to 60 seconds during front plank, followed by a 20-30 second hold on each side during the side plank. Repeat three times.
- Use dumbbells for lateral raises if the cable machine is occupied.

## Day 5: Lower Body (Hamstrings & Glutes)

Exercise	Sets	Reps	Muscle
<a href="#">DB Romanian Deadlift</a>	3	10-12	Hamstrings
<a href="#">Lying Leg Curls</a>	4	15-20	Hamstrings
Glute-Ham Raise or Low Back Extension	4	12-15	Posterior Chain
Hip Thrusts	4	12-15	Glutes
Seated Hip Adduction + Abduction (superset)	3	12-15	Glutes & Inner Thighs

### Additional Instructions:

- Use a barbell for Romanian Deadlifts if you're experienced and can do it with the correct form.
- Take no rest between hip abduction and adduction. Keep doing them one after another till you complete all sets and reps.

## Day 6: Active Recovery (LISS Cardio)

Hit the gym if possible and perform low-intensity steady-state cardio, such as a 20-minute treadmill walk and 10 minutes on a stationary bike.

## Weeks 5-8

- Day 1: Chest and Shoulders
- Day 2: Quads, Glutes, and Calves
- Day 3: Low Impact Cardio
- Day 4: Back and Shoulders
- Day 5: Hamstrings & Glutes
- Day 6: Arms and Abdominals
- Day 7: Full Day OFF

### Day 1: Chest and Shoulders

Exercise	Sets	Reps	Muscle
Incline Smith Bench Press	3	8-12	Chest
Flat DB Bench Press	3	12-15	Chest
Seated Pec Machine Fly	3	15-20	Chest
Side Delt Cable Raises	4	15/side	Shoulders
Alternating Front Raises	3	10/side	Shoulders
Push-ups on Knees	3	10-20	Chest

### Day 2: Quads, Glutes, and Calves

Exercise	Sets	Reps	Muscle
Back or Hack Squats	3	12-15	Quads
Sumo Squats	3	15-20	Quads
Step-up	3	15-20	Quads & Glutes
Bulgarian Split Squats	4	15/side	Quads & Glutes
<a href="#">Frog Pump</a>	3	10/side	Glutes
Standing Calf Raises	3	12-20	Calves

### Day 3: Low Impact Cardio

Exercise	Duration	Rest
Brisk Walking on a Treadmill	15-20 minutes	3-minute
Elliptical Cross Trainer	5-10 minutes	2-minute
Rowing Machine	5-10 minutes	2-minute

## Day 4: Back and Shoulders

Exercise	Sets	Reps	Muscle
Assisted Pull-ups	3	8-12	Back
Seated Overhead Press	3	12-15	Front Delts
Overhand Grip Pulldown	3	12-15	Back
Close-Grip Lat Pulldown	2	12-15	Back
Seated Machine or Cable Row	3	12-15	Back
Chest Supported or T-bar Row	3	12-15	Back
Reverse Pec Deck Fly	3	15-20	Rear Delts

## Day 5: Hamstrings & Glutes

Exercise	Sets	Reps	Muscle
DB Romanian Deadlift	3	10-12	Hamstrings
Lying Leg Curls	4	15-20	Hamstrings
Glute-Ham Raise or Low Back Extension	4	12-15	Posterior Chain
Hip Thrusts	4	12-15	Glutes
Seated Hip Adduction + Abduction (superset)	3	12-15	Glutes & Inner Thighs

## Day 6: Arms & Abdominals

Exercise	Sets	Reps	Muscle
Straight Bar Pushdowns	3	15-20	Triceps
Overhead Cable Triceps Extensions	3	15-20	Triceps
Incline Dumbbell French Press	3	12-15	Triceps
Concentration Curls	3	12/arm	Biceps
Cable Curls (EZ or Straight Bar)	3	12-15	Biceps
<a href="#">Cable Hammer Curls</a>	3	12-15	Biceps
Kneeling Cable Crunches	3	15-20	Abdominals
Cable High to Low Woodchop	3	15/side	Obliques
Captain's Chair Leg Raises/Hanging Knee Raises	3	10-15	Abdominals

## Weeks 9-12

- Day 1: Chest, Triceps, & Abs (Upper Body)
- Day 2: Quads, Glutes, and Calves (Lower Body)
- Day 3: Back, Biceps, & Abs (Upper Body)
- Day 4: Low Impact Cardio (Full Body)
- Day 5: Hamstrings & Glutes (Lower Body)
- Day 6: Shoulders and Abs (Upper Body)
- Day 7: Full Day OFF

### Day 1: Chest, Triceps, & Abs (Upper Body)

Exercise	Sets	Reps	Muscle
Incline Smith Bench Press	3	8-12	Chest
Flat DB Bench Press	3	12-15	Chest
Seated Pec Machine Fly	3	15-20	Chest
Assisted Dips	3	10-12	Triceps
Triceps Pushdown	3	15-20	Triceps
Overhead Triceps Extensions	3	15-20	Triceps
Kneeling Cable Crunches	3	15-20	Abs

### Day 2: Quads, Glutes, and Calves (Lower Body)

Exercise	Sets	Reps	Muscle
Back or Hack Squats	3	12-15	Legs
Smith Machine Reverse Lunges	3	10/side	Legs
Leg Extensions	3	15-20	Quads
Leg Press	3	15-20	Quads
Dumbbell Frog Press	4	10-12	Glutes
Standing Calf Raises	3	12-20	Calves

### Day 3: Back, Biceps, & Abs (Upper Body)

Exercise	Sets	Reps	Muscle
Assisted Pull-ups	3	8-12	Back

Pulldown (Overhand Medium Grip)	3	12-15	Back
Single-arm Cable Row	3	12/side	Back
Bent-over Dumbbell Rows	3	12-15	Back
Preacher Curls	3	12-15	Biceps
Cable Hammer Curls	3	12-15	Biceps
Captain's Chair Knee Raises	3	10-15	Abs
Decline Bench Crunches	3	6-12	Abs

## Day 4: Low Impact Cardio (Full Body)

Exercise	Duration	Rest
Brisk Walking on a Treadmill	15-20 minutes	3-minute
Elliptical Cross Trainer	5-10 minutes	2-minute
Rowing Machine	5-10 minutes	2-minute

## Day 5: Hamstrings & Glutes (Lower Body)

Exercise	Sets	Reps	Muscle
DB Romanian Deadlift	4	10-12	Posterior Chain
Lying Leg Curls	4	15-20	Hamstrings
Hip Thrusts	4	12-15	Posterior Chain
Glute-Ham Raise or Low Back Extension	3	12-15	Posterior Chain
Seated Hip Adduction + Abduction (superset)	3	12-15	Glutes & Inner Thighs

## Day 6: Shoulders and Abs (Upper Body)

Exercise	Sets	Reps	Muscle
DB Overhead Shoulder Press	3	12-15	Front Delts
<a href="#">Seated Dumbbell FDL Raises</a>	3	6-8	Shoulders
Bent-arm Lateral Raises	3	12-15	Side Delts
Reverse Pec Deck Fly	3	15-20	Rear Delts
Cable Face Pull	3	12-15	Rear Delts
Pallof Press	3	12-15	Abs
High to Low Cable Chop	3	10-15	Obliques
Reverse Cable Crunches	3	6-12	Abs



# Frequently Asked Questions (FAQs)

## Why is this workout routine good for women?

This 12-week workout plan helps women get strong and toned. It works all major muscles, from arms, shoulders, glutes, and legs, for an aesthetic look. You'll lift weights 4-5 days a week, focusing on safe strength gains and definition with higher reps. It's sustainable, prevents injuries, and builds functional fitness. If you pair it with good nutrition, you'll get the best results over time.

## Is this program good for weight loss or muscle gain?

This exercise plan works for both weight loss and muscle gain, depending on your diet. For muscle gain, lift heavier over time and eat a bit more (200-500 extra calories) with lots of protein (0.7-1g per lb bodyweight) to build muscle and get toned. For weight loss, use the workouts to burn calories and eat slightly less (200-500 fewer calories) while keeping protein high to [lose fat and keep muscle](#).

## Is this program suitable for beginners?

Yes, it requires a bit of experience to perform all exercises with the correct form. However, if you are a beginner, you can start with lighter weights and focus on proper form, or you can train with a partner who is experienced.

## Will this make me bulky?

No, the high-rep, moderate-weight approach promotes a toned, defined look. Women typically don't gain excessive muscle due to lower testosterone levels.

## **What if I feel sore or tired?**

Some soreness is normal, but if your muscles don't recover well, you may have to reduce weight or take an extra rest day. I also recommend a de-loading week (50% lighter weights) in the 5th or 6th week.

If you have any other questions related to this program, put them in the comment box or share them via email or social media platforms.