

KAYLA ITSINES'S INSPIRED 12 WEEK WORKOUT PLAN

Full URL: <https://thefitnessphantom.com/kayla-itsines-12-week-workout-plan-with-pdf>

Program Summary

Exercise Type	Resistance, Cardio, and Stretching
Equipment Needed	Dumbbells, Mat, and Bands
Sessions per Week	Six
Duration per Session	25-40 minutes
Program Goal	Build Muscle and Endurance & Improve Appearance
Program Difficulty	Beginner to Intermediate
Experienced Needed	Intermediate to Advanced
Target Gender	Females (preferable)
Suitable Age Group	16-40 years
Program Duration	12 Weeks

12-Week Fitness Enhancement Workout Plan inspired by Kayla Itsines

This program involves exercising six times weekly, with 3 sessions for strength training, two for cardio, and one for stretching in the first eight weeks, and 4 sessions for resistance training and cardio each in the last 4 weeks.

INSTRUCTIONS:

Complete a 28-minute workout. Each workout consists of two different 7-minute circuits.

- **Warm-Up (5 minutes):** Do [light cardio](#) (like jogging in place) and [dynamic stretches](#) (like leg swings and arm circles).
- **Circuit 1 & 2 (28 minutes):** Set a timer for 7 minutes and complete the exercises in the circuit as many times as you can before the timer runs out. Rest for 60 seconds, then do the same in the second circuit.

Weeks 1-4

- **Monday:** Lower Body Strength Training
- **Tuesday:** Low-Intensity Cardio
- **Wednesday:** Upper Body Strength Training
- **Thursday:** Low-Intensity Cardio
- **Friday:** Full Body Strength Training
- **Saturday:** Stretching
- **Sunday:** OFF

Monday: Lower Body Strength Training

Circuit 1	Circuit 2
Pop Squat & Twist (12 reps)	Jump Lunge (8 reps per side)
Reverse Lunge (10 reps per side)	Lateral Lunge (10 reps per side)
Glute Bridge (15 reps)	Double-Pulse Squat (15 reps)
Total 2 rounds	Total 2 rounds

Tuesday: Low-Intensity Cardio

Perform one or two of the following exercises for 20–30 minutes at a low to medium pace.

- **Brisk Walking** (Walk at a pace that elevates your heart rate but doesn't leave you breathless)
- **Cycling** (use a stationary bike or cycle outdoors at a steady pace)
- **Elliptical Cross Trainer**

- **Swimming**
- **Rowing**

Wednesday: Upper Body Strength Training

Circuit 1	Circuit 2
Lie-down Press-up (10 reps)	Alternating Superman (10 per side)
Mountain Climber (10 reps per side)	Commando/Plank to Up (10 reps per side)
Bent-leg Raise (15 reps)	Banded 1-Arm Seated Row (10 per side)
Total 2 rounds	Total 2 rounds

Thursday: Low-Intensity Cardio

Perform one or two of the following exercises for 20–30 minutes at a moderate pace.

- **Brisk Walking**
- **Cycling**
- **Elliptical Cross Trainer**
- **Swimming**
- **Rowing**

Friday: Full Body Strength Training

Circuit 1	Circuit 2
Burpee 10 reps	Jump Squat (15 reps)
Reverse Lunge to Knee-up (10 reps per side)	Caterpillar Walk (10 reps)
Plank to Knee Tap (10 reps per side)	Bent-leg Jackknife (15 reps)
Total 2 rounds	Total 2 rounds

Saturday: Stretching

Circuit 1	Circuit 2
15-sec Warrior I	Standing Quad Stretch (10-sec per side)
15-sec Downward Facing Dog	Child's Pose (15-second stretch)
15-sec Upward Salute	Knee to Chest Stretch (10-second/side)
Cat Cow Pose (5 reps each with 5-second hold)	Cobra Pose (15-second stretch)
Total 2 rounds	Total 2 rounds

Weeks 5-8

- **Monday:** Lower Body Strength Training

- **Tuesday:** Low-Intensity Cardio
- **Wednesday:** Upper Body Strength Training
- **Thursday:** Low-Intensity Cardio
- **Friday:** Full Body Strength Training
- **Saturday:** Stretching
- **Sunday:** OFF

Monday: Lower Body Strength Training

Circuit 1	Circuit 1
DB Goblet Squat (15 reps)	Front Lunges (10/leg)
Dumbbell RDL (12 reps)	Lying Leg Curls (15 reps)
Glute Bridge (15 reps)	Single Leg Calf Raises (10/leg)
2-3 rounds	2-3 rounds

Tuesday: Low-Intensity Cardio

Perform one or two of the following exercises for 20–30 minutes at a moderate pace.

- **Brisk Walking**
- **Cycling**
- **Elliptical Cross Trainer**
- **Swimming**
- **Rowing**

Wednesday: Upper Body Strength Training

Circuit 1	Circuit 2
Squat Clean & Press (15 reps)	Sit Ups (20 reps)
Tricep Dips (15 reps)	Mountain Climber Push Up (4 MC + 1 PU)
Commando (12 reps per side)	Leg Raises (15 reps)
Straight leg Jackknife (20 reps)	Lay Down Push Up (15 reps)
Total 2 rounds	Total 2 rounds

Thursday: Low-Intensity Cardio

Perform one or two of the following exercises for 20–30 minutes at a moderate pace.

- **Brisk Walking**
- **Cycling**
- **Elliptical Cross Trainer**
- **Swimming**
- **Rowing**

Friday: Full Body Strength Training

Circuit 1	Circuit 2
Medicine Ball Squat & Press (15 reps)	Burpees (10 reps)
Step Up to Knee Lift (15 reps per side)	Weighted Step Up (15 reps per leg)
Bicycle Crunch (20 reps per side)	Straight Leg Sit Ups (15 reps)
Walking Lunges (12 reps per leg)	Push-ups (15 reps)
Total 2 rounds	Total 2 rounds

Saturday: Stretching

Circuit 1	Circuit 2
15-sec Warrior I	Standing Quad Stretch (10-sec per side)
15-sec Downward Facing Dog	Child's Pose (15-second stretch)
15-sec Upward Salute	Knee to Chest Stretch (10-second/side)
Cat Cow Pose (5 reps each with 5-second hold)	Cobra Pose (15-second stretch)
Total 2 rounds	Total 2 rounds

Weeks 9-12

- **Monday:** Push Workout & Cardio
- **Tuesday:** Legs & Cardio
- **Wednesday:** Arms & Abs
- **Thursday:** Pull Workout
- **Friday:** Legs and Cardio
- **Saturday:** HIIT & Stretching
- **Sunday:** OFF

Monday: Push Workout & Cardio

Circuit 1	Circuit 2
Mountain Climber (15 reps per side)	Alternating High Knee Tap (10/side)
DB Push Press (10-12 reps)	Incline DB Press (12-15 reps)
Bridge Press (15 reps)	Burpees (6-8 reps)
DB Skull Crusher (15 reps)	Side Plank Dips (10 reps per side)

2-3 rounds	2-3 rounds
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Tuesday: Legs and Cardio

Circuit 1	Circuit 2
Jump Squats (15 reps)	X Jump Squat (8 reps per side)
Squats (15 reps)	Burpees (10 reps)
Lunges (12 reps per leg)	Weighted Step Ups (12 reps per leg)
Step Up to Knee Up (12 reps per leg)	Medicine Ball Squat to Press (15 reps)
Total 2 rounds	Total 2 rounds

Wednesday: Arms & Abs

Circuit 1	Circuit 2
Push Ups (15 reps)	Mountain Climbers (20 reps per side)
Medicine Ball Squat & Press (15 reps)	Ab Bikes/Bicycle (20 reps per side)
Lay Down Push Ups (15 reps)	Sit-Up with Twist (15 reps per side)
Triceps Dips (12 reps per leg)	Straight Leg Sit Ups (15 reps)
Total 2 rounds	Total 2 rounds

Thursday: Pull Workout

Circuit 1	Circuit 2
Bent-over DB Row (15 reps)	Rear Delt DB Row (15 reps)
Alternating Suprman (10 reps per side)	Floor IYT Raises (6-8 reps)
Concentration Curls (10 reps per arm)	DB Hang Clean (10-12 reps)
2-3 rounds	2-3 rounds

Friday: Legs and Cardio

Circuit 1	Circuit 2
Burpees (10 reps)	Jumping Rope (2 minutes)
Jump Lunges (10 reps per leg)	Walking Lunges (12 reps per leg)
Knee Ups (12 reps per leg)	Raised Reverse Lunges (15 reps per leg)
Sumo Squats (15 reps)	Jump Squats (15 reps)
Total 2 rounds	Total 2 rounds

Saturday: High Intensity Cardio & Stretching

High-Intensity Cardio

Rest for one minute between each circuit. And for the last set, take a 30-60 second break in the middle, so you can train at higher intensity.

Circuit	Exercises (30 seconds each)	Rounds
1	Kneel to Knee-Up, Lateral Lunge, & Glute Bridge Walkout	3
2	Plank Press, Rocking Chair Push-Up, High Plank + Alternating Superman	3
3	Bent-Leg Jackknife, Superman Hold, & Half Burpee	3
4	Lateral Bound & Glute Bridge	2
5	Lateral Shoot Through & Plank	2
6	Perform all 13 exercises from the previous circuits back-to-back.	1

Stretching:

Circuit 1	Circuit 2
15-sec Warrior I	Standing Quad Stretch (10-sec per side)
15-sec Downward Facing Dog	Seated Forward Bend (15-second)
15-sec Upward Salute	Bird Dog Plank (10-second/side)
Glute Bridge (15-second hold)	Cobra Pose (15-second stretch)
Total 2 rounds	Total 2 rounds

Frequently Asked Questions (FAQs)

Is This Program Suitable for Beginners?

This program involves circuit training, which can be challenging for beginners. If you are starting out, don't follow everything as mentioned. Train at your own pace and bolster your foundational strength. Progress gradually by reducing rest time between sets or increasing activity time.

Is There a Diet Plan I Need to Follow?

Diet is as crucial as workout, whether you want to gain muscle or lose fat. I've designed a meal plan for both fitness goals. Follow this [low-calorie meal plan](#) if you want to lose fat, and a [higher-calorie program](#) to gain weight and muscle.

How to Progressively Overload?

There are various ways to make your workout challenging and level up your fitness. For example, you can increase the number of reps, decrease the rest time, and choose more advanced exercises. When you can complete all the circuits easily, it is time to progress your workout.

Can I Build a Lot of Muscle with These Workouts?

This Kayla Itsines' training program is designed to enhance overall fitness. It focuses on improving cardiovascular health and functional fitness and building lean, toned muscle. While you will definitely get stronger, it won't make you bigger like bodybuilders.