

12-WEEK MICHELLE LEWIN'S TRAINING PLAN

FULL URL: [HTTPS://THEFITNESSPHANTOM.COM/12-WEEK-MICHELLE-LEWIN-WORKOUT-PLAN](https://thefitnessphantom.com/12-week-michelle-lewin-workout-plan)

Michelle is a popular fitness model, IFBB bikini athlete, and trainer. She is known for her strong, athletic, and well-shaped physique.

She inspires millions through her fitness and workout programs. I've designed an ultimate workout plan using [her videos](#) (published on YouTube).

If you want to try Michelle Lewin's training plan and shape your body like hers, you should try this routine.

It will be a 12-week program, [focusing on every body part](#) (particularly the lower body). This routine will help you build a stronger and more toned body if you look after your diet.

| | |
|--------------------|-----------------------------------|
| Routine Type | Upper Lower Split |
| Program Duration | 12 Weeks |
| Exercise Type | Resistance Training |
| Workout Goal | Build a Strong and Toned Body |
| Difficulty Level | Intermediate |
| Sessions/week | Five to Six |
| Duration/session | 60-90 minutes |
| Targe Gender | Female & Male |
| Suitable Age Group | 18-35 Years |

This Michelle Lewin's workout routine involves training five to six times a week, with an equal focus on the upper body, legs, glutes, and core.

I've shared a complete two-week schedule, which should be rotated until 12 weeks are completed.

It includes [supersets](#) (A & B exercises) and circuits along with the standard rep-set approach. All these methods will help you [build strength, improve muscle tone](#), and enhance endurance.

Perform this warm-up before starting the main lifts:

| Upper Body | Lower Body |
|--|---|
| Banded Pull Apart (1 set x 15 reps) | Leg Swings (2 x 10/leg) |
| Shoulder Pass Through (1 x 20) | Hamstrings Stretch (4 x 5-sec/leg) |
| World's Greatest Stretch (1 x 10/side) | Single-leg Deadlifts (1 x 10/leg) |
| Lying IYT Raises (1 set x 10 reps) | Lateral Lunges (1 set x 10/leg) |
| Inverted Rows (1 set x 15 reps) | Reverse Lunges (1 set x 10/leg) |
| Dive Bomber Push-ups (1 x 10) | Deep Squats (1 set x 10-15 reps) |

Some Instructions for following this program:

- When you see 1A & 1B like this number, it means a superset. So, complete one set of both exercises without resting between them. Once you perform both exercises, rest for 1-2 minutes and go for the next set and follow this pattern.
- Rest for 1-2 minutes between [single-joint exercises](#), 2-3 minutes between heavy lifts, and less than 60 seconds during bodyweight and [abdominal exercises](#).
- Progressively increase the weight or the number of reps over time to [keep challenging your muscles to work hard](#).

- You may find some exercises difficult to perform, and that's okay. There are numerous options available, so pick the ones that are still challenging but still manageable.

ODD WEEKS (1-3-5-7-9-11)

- Monday: Back & Biceps
- Tuesday: Hamstrings & Calves
- Wednesday: Triceps & Shoulders
- Thursday: REST
- Friday: Legs & Glutes
- Saturday: Abs & Core
- Sunday: REST

Monday: Back & Biceps

| Exercise | Sets | Reps |
|---|------|--------|
| 1A Wide-Grip Lat Pulldowns | 3 | 12 |
| 1B Biceps Curls on Pulldown Machine | 3 | 10 |
| 2A Seated Cable Rows | 3 | 12 |
| 2B Single-arm Biceps Curl on Rowing Machine | 3 | 8/side |
| 3A High Cable Pulldown (sitting on your knees) | 3 | 12 |
| 3B Overhead Cable Curls | 3 | 10 |
| 4A DB Bent-over Rows (fast, assume you're throwing) | 3 | 10 |
| 4B Alternating DB Curls | 3 | 8/arm |

Tuesday: Hamstrings & Calves

| Exercise | Sets | Reps |
|--|------|---------|
| Standing Single-leg Machine Curls | 3 | 15/side |
| Lying Dumbbell Leg Curls | 4 | 12-15 |
| Standing Single-leg Cable Curl to Glute Kickback | 3 | 10/side |
| Nordic Curls | 3 | 8-10 |

| | | |
|----------------------|---|----|
| Standing Calf Raises | 3 | 15 |
| Seated Calf Raises | 3 | 15 |

Wednesday: Triceps & Shoulders

| Exercise | Sets | Reps |
|--|------|-------------|
| 1A Single-arm Lateral Cable Raises | 4 | 12 per side |
| 1B Single-arm Cable Triceps Kickback | 4 | 12 per side |
| 2A Cable Forward Triceps Extensions | 4 | 12 |
| 2B Cable Face Pull | 4 | 12 |
| 3A Plate Front Raises | 4 | 12 |
| 3B Overhead Triceps Extensions with a Plate | 4 | 12 |

Friday: Legs & Glutes

| Exercise | Sets | Reps |
|------------------------------------|------|-------------|
| Good Mornings with Side Lunges | 4 | 15 |
| Cable Romanian Deadlift | 3 | 12 |
| Single-Leg Press | 3 | 12 per side |
| Lateral Step Up (Fast) | 3 | 30 per side |
| Weighted Frog Pump | 4 | 12 |

Saturday: Abs & Core

| Exercise | Sets | Reps |
|---|------|-------------|
| Knee Lifts on Romain Chair | 3-5 | 10-15 |
| Hanging Leg Raises (above the bar) | 3-5 | 8-10 |
| Leg to Hip Lift on a Decline Ab Bench (Slow descent) | 3-5 | 8-10 |
| Side Knee to Chest (Tuck) on a Bench or Lateral Knee to Elbow | 3-5 | 10 per side |

EVEN WEEKS (2-4-8-10-12)

- Monday: Back & Biceps
- Tuesday: Glutes, Hamstrings & Calves
- Wednesday: Chest, Triceps & Shoulders
- Thursday: Full Body Cardio
- Friday: Legs & Glutes
- Saturday: Abs & Core
- Sunday: REST

Monday – Back & Biceps

| Exercise | Sets | Reps |
|--|------|--------|
| Barbell Landmine T-Row (Short Grip) | 5 | 15 |
| Close-Grip Lat Pulldown | 5 | 15 |
| High to Low Cable Row (Dual Arm) | 5 | 15 |
| Alternating Dumbbell Biceps Curls | 5 | 12/arm |
| Single-arm Preacher Dumbbell Curls | 5 | 12/arm |
| Cross Body Dumbbell Curls | 5 | 8/arm |

Tuesday – Glutes, Hamstrings & Calves

| Exercise | Sets | Reps |
|--|------|---------|
| Single-leg Deadlift | 3 | 10/side |
| Barbell Good Morning | 3 | 10-12 |
| Feet Elevated Glute Bridge | 4 | 12-15 |
| Seated Leg Curls | 4 | 15-20 |
| Standing Calf Raises | 3 | 15-20 |
| Seated Calf Raises | 3 | 15-20 |

Wednesday: Chest, Triceps & Shoulders

| Exercise | Sets | Reps |
|-----------------------------------|------|--------|
| Flat DB Bench Press | 3 | 12 |
| Flat Dumbbell Fly | 3 | 12 |
| Dumbbell Pullover | 3 | 12 |
| Lateral Dumbbell Raises | 3 | 12 |
| Seated DB Overhead Press | 3 | 12 |
| Bent-over Lateral Raises | 3 | 12 |
| Skull Crusher | 3 | 12 |
| Single-arm Triceps Pushdown | 3 | 12/arm |

Thursday – Full Body Cardio

| Exercise | Reps |
|----------|------|
| | |

| | |
|---|-------------|
| Burpees | 10 |
| Iso Squat to Modified Sit Out | 8 per side |
| Two Lateral Squats with One Quick Lunge | 8 per side |
| Bird Dog Lifts | 15 per side |
| Squats to Cross-Feet Jump | Failure |
| Rounds | 4-5 |

Friday – Legs & Glutes

| Exercise | Sets | Reps |
|-------------------------------|------|------------|
| Curtsy Lunges | 3 | 10 per leg |
| Goblet Squats | 4 | 15-20 |
| Leg Extensions | 3 | 15-20 |
| Hack Squats | 3 | 12-15 |
| Hip Thrust | 4 | 12-15 |
| Seated Hip Adduction | 3 | 20-30 |
| Seated Hip Abduction | 3 | 20-30 |

Saturday – Abs & Core

| Exercise | Sets | Reps |
|--|------|-------------|
| Seated Knee Tucks | 4 | 10-20 |
| Alternating DB Oblique Twist (Lying) | 3 | 6/side |
| Leg to Hip Lift on a Flat Bench (Slow descent) | 3 | 8-10 |
| Lying Elbow to Knee Crossbody Crunches | 3 | 10 per side |
| Hanging Knee Raises (Front & Sides) | 3 | 6-8 |
| Roman Chair Leg Raises | 3 | 8-10 |

Frequently Asked Questions (FAQs)

Who Can Follow This Plan?

This program is designed for people who have been training for a while (particularly women) and want to build a strong and toned body.

Is This Program for Fat Loss or Muscle Gain?

This program includes strength training and cardio exercises and helps achieve balanced fitness. So, if you want to gain weight, pair this workout with a [high-calorie meal plan](#), and for losing weight, follow a [low-calorie diet plan](#).

What If I Miss a Workout?

You have multiple options, such as performing a missed workout with recent workouts, starting from where you left off, or skipping entirely and following the next workout. I do not recommend skipping entirely, so add the missed exercises to the other workouts/days.