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FOUNDATIONAL WORKOUT ROUTINE FOR TEENAGERS

FULL URL: <https://thefitnessphantom.com/3-month-workout-plan-for-teenagers-with-pdf>

SUMMARY

Sessions/Week	6 Days weekly
Duration per Session	60-90 minutes
Program Goal	Build Strength, Gain Mass & Athletic Body
Target Gender	Males and Females
Difficulty Level	Beginner
Program Duration	3 months
Exercise Types	Bodyweight & Resistance Training
Target Age Group	13-19 years
Alternate At-Home Routine	12-week Program for Teens

This routine includes a different split for each month. For example, you'll do the [full-body split](#) in the first month, [upper-lower split](#) in the second, and the [hybrid split](#) in the third.

Before you start the exercises mentioned in this program, I suggest doing this quick warm-up to enhance muscle flexibility and oxygen supply in the body:

Upper Body	Lower Body
Banded Pull Apart (15 reps)	Leg Swings (2 sets x 10/leg)
Shoulder Pass Through (20 reps)	Hamstrings Stretch (4 sets x 5-sec/leg)
World's Greatest Stretch on Knee (10/side)	Single-leg Deadlifts (10 reps per leg)

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Low Lunge Arch (10-sec/side)	Deep Squats (10-15 reps)
Cobra to Child Pose (5 reps, no pause)	Reverse Lunges (10 reps per side)

Some Instructions for following this program:

- Rest for 1-2 minutes between [isolation exercises](#), 2-3 minutes between heavy lifts.
- Increase the weight gradually over time to [keep forcing 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.

Month 1 – Full Body

- **Monday:** Bodyweight Strength & Cardio
- **Tuesday:** Resistance Training & Stretching
- **Wednesday:** Low Impact Cardio & Abdominals
- **Thursday:** Bodyweight Strength & Cardio
- **Friday:** Resistance Training & Stretching
- **Saturday:** Low Impact Cardio & Abdominals
- **Sunday:** Full OFF

Monday – Bodyweight Strength & Cardio

Exercises	Sets	Reps	Target Muscles
Push Ups (On Toes or Knees)	3	10-15	Chest & Triceps
Goblet or Air Squats	3	15-20	Quadriceps
Chin-ups (Self or Supported)	3	10-12	Back & Biceps
Stationary Lunges	3	10 per leg	Quads & Glutes
Treadmill Walk	1	10-minute	Full Body

Plank	2	45-second	Core
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Tuesday – Resistance Training & Stretching

Exercises	Sets	Reps	Target Muscles
Flat DB Bench Press	3	10-15	Chest & Triceps
Barbell Overhead Press (Empty)	3	12-15	Shoulder
Bent -over Dumbbell Rows (Light)	3	10-12	Back & Abs
Dumbbell Goblet Squats	3	12-15	Quads & Glutes
Seated Forward Bend	2	15-second	Full Body
Low Lunge Arch Hold	2	15-sec per side	Full Body
Child Reach with Cobra	2	5 reps each	Full Body

Wednesday – Low Impact Cardio & Abdominals

Exercises	Activity	Target Muscles
Treadmill Walk	10-minute @8-10 inclined	Full Body
Rowing Machine	5 sets of 1-minute	Back, Arms & Legs
Stationary Bike	5-minute	Legs & Arms
Hanging Knee Raises	3 sets of 10 reps	Abs
High to Low Oblique Chop	3 sets of 10 reps per side	Obliques

Thursday – Bodyweight Strength Training

Exercises	Sets	Reps	Target Muscles
Lying IYT Raises	3	8-10	Back & Shoulders
Side Lunges	3	6 per side	Quads & Adductors
Inverted Rows	3	10-12	Back & Shoulders
Step Up	3	10 per leg	Quads & Glutes
Triceps Dips	3	10-15	Triceps

Friday – Resistance Training & Stretching

Exercises	Sets	Reps	Target Muscles
Lat Pulldown	3	10-15	Back
Incline Bench Press	3	12-15	Chest
Dumbbell Lateral Raises	3	12-15	Shoulder
DB Romanian Deadlift	3	10-12	Hamstrings & Lower Back
Knee Hug	2	15-second	Full Body
Locust Pose	2	15-second	Posterior Chain
Pigeon Pose	2	10-second per side	Full Body

Saturday – Low Impact Cardio & Abdominals

Exercises	Activity	Target Muscles
Treadmill Walk	10-minute @8-10 inclined	Full Body
Rowing Machine	5 sets of 1-minute	Back, Arms & Legs
Stationary Bike	5-minute	Legs & Arms
Hanging Knee Raises	3 sets of 10 reps	Abs
High to Low Oblique Chop	3 sets of 10 reps per side	Obliques

Month 2 – Upper Lower Split

- **Monday:** Upper Body A
- **Tuesday:** Lower Body A
- **Wednesday:** Cardio & Abs
- **Thursday:** Upper Body B
- **Friday:** Lower Body B
- **Saturday:** Cardio & Abs
- **Sunday:** Full OFF

Monday – Upper Body A (Chest & Arms)

Exercises	Sets	Reps	Target Muscles
Incline DB Bench Press	3	10-15	Chest
Dumbbell Flyes	3	10-12	Chest
Assisted Bar Dips	3	10-12	Chest & Triceps
Cable Bar Pushdown	3	12-15	Triceps
EZ Bar or DB Preacher Curls	3	12-15	Biceps
Barbell Curls	3	12-15	Biceps

Tuesday – Lower Body A (Quads & Calves)

Exercises	Sets	Reps	Target Muscles
DB Goblet Squats	3	12-15	Quads & Glutes
1-arm Holding DB Lunges	3	10 per leg	Quads & Glutes
Machine Leg Press	3	12-15	Quads & Glutes
Bodyweight or DB Step Up	3	10 per leg	Quads & Glutes
Standing Calf Raises	3	15-20	Calves

Wednesday – Cardio & Abs

Exercises	Sets	Reps	Target Muscles
Hanging Knee Raises (front)	3	10-12	Abs
Hanging Knee Raises (side)	3	5 per side	Obliques
Mountain Climber	3	10 per side	Core
High Knees Tap	3	10 per leg	Full Body
Front Plank + Side Plank	2	Failure	Core

Thursday – Upper Body B (Back & Shoulders)

Exercises	Sets	Reps	Target Muscles
Assisted Pull Ups	3	8-10	Back
Lat Pulldown	3	12-15	Back
DB Bent-over or Seated Rows	3	10-12	Back
Overhead DB Press	3	12-15	Front Delts
DB Lateral Raises	3	12-15	Side Delts
Seated Rear Delt Raises	3	12-15	Posterior Delts

Friday – Lower Body B (Quads & Hamstrings)

Exercises	Sets	Reps	Target Muscles
DB Romanian Deadlift	3	10-12	Hamstrings
Seated Leg Curls	3	12-15	Hamstrings
Hack Squat	3	12-15	Quads
Leg Extensions	3	15-20	Quads
Dumbbell Glute Bridge	3	12-15	Glutes

Saturday – Cardio & Abs

Exercises	Sets	Reps	Target Muscles
Inclined Treadmill Walk	1	10-minute	Full Body
Stationary Bike	1	5-minute	Full Body
Rowing Machine	1	5-minute	Full Body
Seated Knee Tucks	3	10-12	Abdominals
Side Plank Dips	3	10 per side	Obliques

Month 3 – Hybrid Split

- **Monday:** Strength Training
- **Tuesday:** Balance & Flexibility
- **Wednesday:** Cardio & Abs
- **Thursday:** Strength Training
- **Friday:** Balance & Flexibility
- **Saturday:** Cardio & Abs
- **Sunday:** Full OFF

Monday – Strength Training

Exercises	Sets	Reps	Target Muscles
Assisted Pull-ups	3	10-12	Back & Biceps
Inverted Rows	3	10-12	Back & Biceps
Assisted Bar Dips	3	10-12	Chest & Triceps
Push Ups (Knees or Toes)	3	12-15	Chest & Triceps
DB Goblet Squats	4	15-20	Quads & Glutes

Tuesday – Balance & Flexibility

Exercises	Sets	Reps	Target Muscles
Bodyweight Single Leg Deadlift	3	6 per leg	Posterior Chain
Reverse Lunges	3	10 per leg	Quads & Glutes
Bird Dog Plank Hold	2	20-sec per side	Full Body
Wall Sit	2	Failure	Quads, Glutes, & Abs
Low Lunge Arch Hold	2	15-sec per side	Full Body

Wednesday – Cardio & Abs

Exercises	Sets	Reps	Target Muscles
Hanging Knee Raises (front)	3	10-12	Abs
Hanging Knee Raises (side)	3	5 per side	Obliques
Mountain Climber	3	10 per side	Core

High Knees Tap	3	10 per leg	Full Body
Front Plank + Side Plank	2	Failure	Core

Thursday – Strength Training

Exercises	Sets	Reps	Target Muscles
Overhead Press	3	10-12	Shoulder
Flat DB Bench Press	3	10-12	Chest
Lat Pulldown	3	10-12	Back
Partial Deadlifts on Smith Machine	3	12-15	Full Body
Leg Press	3	15-20	Quads & Glutes

Friday – Balance & Flexibility

Exercises	Sets	Reps	Target Muscles
Cobra Pose	2	10-second hold	Upper Body
World's Greatest Stretch (Knee on ground)	2	10 reps per side	Full Body
Seated Forward Bend Pose (Touching Toe)	2	10-second per side	Full Body
Superman Fly	2	8-10	Posterior Chain
Knee to Chest Stretch	2	10-second per side	Core & Lower Body
Side Lunge Hold	2	10-second per side	Abs & Lower Body

Saturday – Cardio & Abs

Exercises	Activity	Target Muscles
Treadmill Walk	10-minute @8-10 inclined	Full Body
Rowing Machine	5 sets of 1-minute	Back, Arms & Legs
Stationary Bike	5-minute	Legs & Arms
Hanging Knee Tucks (side & front)	3 sets of 10 reps	Abs
High to Low Oblique Chop	3 sets of 10 reps per side	Obliques

Frequently Asked Questions (FAQs)

Is Lifting Weights Safe for Teens?

Yes, lifting weights is not only a safe but an effective way to build strength and improve fitness in teens. Various studies have also confirmed it but also recommended performing exercises under a qualified fitness professional who can teach proper technique, form, and progression.

(Sources: [Sports Health](#), [Canadian Academy of Sport Medicine](#), and [Nutrients](#))

Is This Program for Weight Loss or Muscle Gain?

This workout plan involves various exercises. For example, strength training makes you strong and [promotes hypertrophy](#), cardio improves endurance, and mobility exercises enhance balance and flexibility. And if you pair this routine with a low-calorie meal plan, it will also [increase fat loss](#).

I am a Girl. Can I Use This Program?

Yes, this exercise plan is for all fitness genders, including females. It helps girls build strength, improve body appearance, and enhance athletic performance without making them bulky.

This Routine Involves Six Sessions a Week. Isn't it too Much?

Lifting weights six days a week will be too much for teens, but if your program divides stretching, cardio, and strength training into different sessions and includes low to moderate number of sets, then six sessions per week is safe and effective.

What If I Feel Discomfort While Doing Exercises?

Feeling discomfort is normal, but I suggest stopping exercising when it becomes too challenging. Start slow, learn proper form, and warm up before exercises to minimize discomfort.