



# 12 Week Workout

Beautyrobic®

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# 12 Week Resistant Training for Women



## A 12 Week Resistant Training for Women to Decrease Body Fat, Increase Muscle Mass, Strength Anti-aging

*Before starting this program, get cleared by your primary care provider that you can begin this program*

### The 12-Week Workout Program

Don't freak out but women need to lift heavy, challenging weights in order to gain muscle. Lifting heavy weights will not cause women to get big and bulky like men because women produce a fraction of the testosterone that men do. When women begin working out, their goals are to tone up and gain shape and curves. If you follow this program, you will accomplish just that. In this 12-week program, you will decrease the number of reps you complete and increase the load you lift as you progress. The number of sets per exercise stays the same, but the rep range changes.

# WEEKS 1-4

<b>Monday- Upper Body A</b>		<b>Thursday- Upper Body B</b>	
Bench Press	3 X 8-12	Dips	3 X 8-12
Bent Over Row	3 X 8-12	Pull-Ups	3 X 8-12
DB Shoulder Press	3 X 8-12	DB Side Lateral	3 X 8-12
Lying Tricep Extension	3 X 8-12	Tricep Cable Pressdown	3 X 8-12
Barbell or DB Curl	3 X 8-12	Cable Curl	3 X 8-12
<b>Tuesday- Lower Body A</b>		<b>Friday- Lower Body B</b>	
Squat	3 X 8-12	Deadlift	3 X 8-12
Stiff Leg Deadlift	3 X 8-12	Leg Press	3 X 8-12
Leg Extension	3 X 8-12	Lunges	3 X 8-12
Leg Curl	3 X 8-12	Seated Calf Raise	3 X 8-12
Standing Calf Raise	3 X 8-12	DB Shrugs (Optional)	3 X 8-12
Abs		Abs	
Lying Leg Raise	3 X 10-15	Incline Crunch	3 X 10-15
Swiss Ball Crunch	3 X 10-15	Back Extension	3 X 10-15

**Note: Rest Periods = 1 Minute**

During weeks 1-4, you will be lifting in the 8-12 rep range. What this means is that you want to complete at least 8 reps but no more than 12 reps for each set. If you cannot complete 8 reps, then the weight is too heavy and you should decrease the load. If you can complete more than 12 reps, then the weight is too light and you should increase the load.

# WEEKS 5-8

<b>Monday- Upper Body A</b>		<b>Thursday- Upper Body B</b>	
Bench Press	3 X 6-8	Dips	3 X 6-8
Bent Over Row	3 X 6-8	Pull-Ups	3 X 6-8
DB Shoulder Press	3 X 6-8	DB Side Lateral	3 X 6-8
Lying Tricep Extension	3 X 6-8	Tricep Cable Pressdown	3 X 6-8
Barbell or DB Curl	3 X 6-8	Cable Curl	3 X 6-8
<b>Tuesday- Lower Body A</b>		<b>Friday- Lower Body B</b>	
Squat	3 X 6-8	Deadlift	3 X 6-8
Stiff Leg Deadlift	3 X 6-8	Leg Press	3 X 6-8
Leg Extension	3 X 6-8	Lunges	3 X 6-8
Leg Curl	3 X 6-8	Seated Calf Raise	3 X 6-8
Standing Calf Raise	3 X 6-8	DB Shrugs (Optional)	3 X 6-8
Abs		Abs	
Lying Leg Raise	3 X 10-15	Incline Crunch	3 X 10-15
Swiss Ball Crunch	3 X 10-15	Back Extension	3 X 10-15

**Note: Rest Periods = 90 Seconds**

During weeks 5-8, you will be lifting in the 6-8 rep range. What this means is that you want to complete at least 6 reps but no more than 8 reps for each set. If you cannot complete 6 reps, then the weight is too heavy and you should decrease the load. If you can complete more than 8 reps, then the weight is too light and you should increase the load.

# WEEKS 9-12

<b>Monday- Upper Body A</b>		<b>Thursday- Upper Body B</b>	
Bench Press	3 X 4-6	Dips	3 X 4-6
Bent Over Row	3 X 4-6	Pull-Ups	3 X 4-6
DB Shoulder Press	3 X 4-6	DB Side Lateral	3 X 4-6
Lying Tricep Extension	3 X 4-6	Tricep Cable Pressdown	3 X 4-6
Barbell or DB Curl	3 X 4-6	Cable Curl	3 X 4-6
<b>Tuesday- Lower Body A</b>		<b>Friday- Lower Body B</b>	
Squat	3 X 4-6	Deadlift	3 X 4-6
Stiff Leg Deadlift	3 X 4-6	Leg Press	3 X 4-6
Leg Extension	3 X 4-6	Lunges	3 X 4-6
Leg Curl	3 X 4-6	Seated Calf Raise	3 X 4-6
Standing Calf Raise	3 X 4-6	DB Shrugs (Optional)	3 X 4-6
Abs		Abs	
Lying Leg Raise	3 X 10-15	Incline Crunch	3 X 10-15
Swiss Ball Crunch	3 X 10-15	Back Extension	3 X 10-15

**Note: Rest Periods = 2 Minute**

During weeks 9-12, you will be lifting in the 4-6 rep range. What this means is that you want to complete at least 4 reps but no more than 6 reps for each set. If you cannot complete 4 reps, then the weight is too heavy and you should decrease the load. If you can complete more than 6 reps, then the weight is too light and you should increase the load.

This phase of the 12-week program is going to be very challenging and produce accelerated results.

## EXERCISE TIPS



It's important to maintain strict form on all movements. This means stabilizing your body and contracting your abs so you isolate the primary intended muscles. For example, when doing a standing barbell curl, tighten your abs and do not rock or swing the weight. By tightening your abs, you stabilize your body and prevent momentum. This will also help condition your abs and save your lower back from injury. You want to visualize the muscles you are working out during the exercise.

Remember your mind and body are always communicating and if you picture a strong, slender and toned body, the easier it will become when the mind and body are communicating.

# EXERCISE TIPS



## **Warm-Up Properly**

You should perform 1-3 warm-ups sets before working a given muscle group. For example, if you are going to bench press 85 lbs for your work sets then do a warm-up set with 45 lbs (just the bar) and then a set with 65 lbs before trying to bench press 85 lbs.

## **Rest, Don't Nap, Between Sets**

We recommend 60-120 seconds of rest periods between sets. This allows your body to recover some of its expended ATP but is not so long that you lose the flow of the workout. Remember, the goal is to get in and out of the weight room in 30-45 minutes.