

# 12 Week Physique

12 weeks

## Active Recovery + Flexibility + Abs

**Tracking Sheet** (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2	Set 3
5 MINUTE FULL BODY WARM-UP	reps x	lbs		
Hyperextension Roman Chair Back Extension		reps	reps	reps
Dynamic Hip Flexor Stretch				
Forward Leg Swing				
Lying Piriformis Stretch				
Rest				
Reverse Crunch		reps	reps	reps
Toe Touch		reps	reps	reps
Bent Knee Windshield Wiper		reps	reps	reps

## Full Body Circuit + Abs

**Tracking Sheet** (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2	Set 3
5 Min. Full Body Warm Up + Mobility   Home & Gym Workouts Functional + Dynamic	reps x	lbs		
Burpee		reps	reps	reps
Kettlebell Swing	reps x	lbs	reps x	lbs
Push Up		reps	reps	reps
Kettlebell Goblet Squat	reps x	lbs	reps x	lbs
Dumbbell Renegade Row	reps x	lbs	reps x	lbs
Box Jump		reps	reps	reps
Rest				
Decline Bench Sit Up	reps x	lbs	reps x	lbs
Lying Straight Leg Raise		reps	reps	reps
Hollow Body Hold Flutter Kicks		reps	reps	reps
Upper Body Post-Workout Stretch	reps x	lbs		

## Leg Day Pyramid(300 Reps)

Leg Day 1: Pyramid(1000 Reps)

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	
(STRETCH) DO THIS BEFORE ANY WORKOUT (BEST WARM UP ROUTINE)	reps x	lbs
Rest		
Angled Machine Leg Press	reps x	lbs
Angled Machine Leg Press	reps x	lbs
Angled Machine Leg Press	reps x	lbs
Angled Machine Leg Press	reps x	lbs
Angled Machine Leg Press	reps x	lbs
Rest		
Angled Machine Leg Press	reps x	lbs
Angled Machine Leg Press	reps x	lbs
Angled Machine Leg Press	reps x	lbs
Angled Machine Leg Press	reps x	lbs
Angled Machine Leg Press	reps x	lbs

Lower Body Strength + Cardio + Abs

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3		Set 4	
5 MINUTE FULL BODY WARM-UP	reps x	lbs						
Barbell Back Squat	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Barbell Romanian Deadlift	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Single Leg Calf Raise	reps x	lbs	reps x	lbs	reps x	lbs		
Dumbbell Walking Lunge	reps x	lbs	reps x	lbs	reps x	lbs		
Dumbbell Sumo Squat	reps x	lbs	reps x	lbs	reps x	lbs		
Rest								
Roman Chair Side Raise	reps		reps		reps			
Suspension Bicycle Crunch	reps		reps		reps			
V Up	reps		reps		reps			
Cross Body Mountain Climber	reps		reps		reps			
Rest								
10 Minute Lower Body Stretch Routine (For Tight Hamstrings & Hip Flexors)	reps x	lbs						

Upper Body Calisthenics

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
5 MINUTE FULL BODY WARM-UP	reps x	lbs				
Push Up		reps		reps		reps
Dip		reps		reps		reps
Decline Push Up		reps		reps		reps
Rest						
Pull Up	reps x	lbs	reps x	lbs	reps x	lbs
Wide Grip Pull Up	reps x	lbs	reps x	lbs	reps x	lbs
Chin Up	reps x	lbs	reps x	lbs	reps x	lbs
Smith Machine Inverted Rows		reps		reps		reps
Rest						
Piked Push Up		reps		reps		reps
Machine Seated Parallel Grip Shoulder Press	reps x	lbs	reps x	lbs	reps x	lbs
Shoulder Tap		reps		reps		reps
Rest						
Diamond Push Up		reps		reps		reps
Bench Dip		reps		reps		reps
Chin Up	reps x	lbs	reps x	lbs	reps x	lbs
Rest						
V Tuck	reps x	lbs	reps x	lbs	reps x	lbs
V Up		reps		reps		reps
Lying Straight Leg Raise		reps		reps		reps
V Twist	reps x	lbs	reps x	lbs	reps x	lbs
Rest						
7 MIN UPPER BODY STRETCH AFTER WORKOUT   Shoulders, Arms & Back   Relax & Recover   Daniela	reps x	lbs				

# Upper Body Strength + Abs

**Tracking Sheet** (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3		Set 4	
5 MINUTE FULL BODY WARM-UP	reps x	lbs						
Smith Machine Incline Bench Press	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Wide Grip Pull Up	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Seated Shoulder Press	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Barbell Bent Over Row	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Alternating Bicep Curl	reps x	lbs	reps x	lbs	reps x	lbs		
Bench Dip		reps		reps		reps		
Rest								
Lying Straight Leg Raise		reps		reps		reps		
Plate Russian Twist	reps x	lbs	reps x	lbs	reps x	lbs		

Elbow Plank	sec		sec	sec	
Rest					
Upper Body Post-Workout Stretch	reps x	lbs			