



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



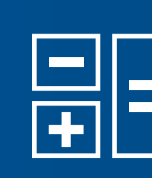
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12 WEEK FULL BODY WORKOUT ROUTINE FOR BEGINNERS

A 12 week full body beginner workout routine designed to introduce you to a range of gym equipment and basic bodybuilding exercises in under 60 minutes.

Link to Workout: <https://www.muscleandstrength.com/workouts/12-week-beginners-training-routine.html>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 3 Day

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight,

Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: [Doug Lawrenson](#)

Weeks 1-3: Total Body Circuit Workout

During the first three weeks, do each exercise for one set of 15 reps. Rest 60-90 seconds between sets.

| Exercise | Sets | Reps |
|-------------------------------------|------|------|
| Leg Press | 1 | 15 |
| Lying Leg Curl | 1 | 15 |
| Seated Cable Curl | 1 | 15 |
| Flat Bench Press | 1 | 15 |
| Dumbbell Press | 1 | 15 |
| Dumbbell Shrug | 1 | 15 |
| Tricep Pushdown | 1 | 15 |
| Barbell Curl | 1 | 15 |
| Back Extension | 1 | 15 |
| Standing Calf Raise | 1 | 15 |
| Barbell Wrist Curl | 1 | 15 |
| Crunches | 1 | 15 |

Weeks 4-6: Total Body Circuit Workout

Use a slightly heavier weight than you used in weeks 1-3. Rest 60-90 seconds between sets.

| Exercise | Sets | Reps |
|-------------------------------------|------|------|
| Leg Press | 2 | 12 |
| Lying Leg Curl | 2 | 12 |
| Seated Cable Row | 2 | 12 |
| Flat Bench Press | 2 | 12 |
| Dumbbell Press | 2 | 12 |
| Dumbbell Shrug | 2 | 12 |
| Tricep Pushdown | 2 | 12 |
| Barbell Curl | 2 | 12 |
| Back Extension | 2 | 12 |
| Standing Calf Raise | 2 | 12 |
| Barbell Wrist Curl | 2 | 12 |
| Crunches | 2 | 12 |

Weeks 7-12: Upper/Lower Split w/ Increased Intensity

Alternate between the following 2 exercise routines for three non-consecutive days per week (i.e. M/W/F). Rest 60-90 seconds between sets.

Workout 1: Upper Body

| Exercise | Sets | Reps |
|---|------|---------|
| Flat Dumbbell Press | 2 | 10 - 12 |
| Pec Deck Fly | 1 | 10 - 12 |
| Single Arm Dumbbell Row | 2 | 10 - 12 |
| Seated Cable Row | 1 | 10 - 12 |
| Seated Dumbbell Press | 2 | 10 - 12 |
| Dumbbell Lateral Raise | 1 | 10 - 12 |
| Dumbbell Shrug | 2 | 10 - 15 |
| Tricep Pushdown | 2 | 10 - 15 |
| Barbell Curl | 2 | 10 - 12 |
| Barbell Wrist Curl | 2 | 10 - 12 |

Workout 2: Lower Body

| Exercise | Sets | Reps |
|--------------------------------------|------|---------|
| Smith Machine Squats | 1 | 8 - 12 |
| Leg Extension | 1 | 10 - 12 |
| Lying Leg Curl | 1 | 10 - 12 |
| Back Extension | 1 | 20 - 30 |
| Standing Calf Raise | 1 | 12 - 15 |
| Crunches | 2 | 15 - 40 |
| Reverse Crunch | 2 | 15 - 30 |