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# BEGINNER 12-WEEK STRENGTH TRAINING PROGRAMME

## Week One - Three

Complete this work out three times per week:

Leg Press 15RM

Leg Curl 15RM

Seated Cable Row 15RM

Bench Press 15RM

Dumbbell Shoulder Press 15RM

Dumbbell Shrugs 15RM

Tricep Push Down 15RM

Barbell Curl 15RM

Back Extension 15RM

Standing Calf Raise 15RM

Forward Plank 30-45 secs

Rest 30 – 60 secs between exercises

Complete two total rounds of the above routine

**RM =** A repetition maximum (RM) is the most weight a person can lift for a defined number of exercise movements.

Eg a 10RM would be **the heaviest weight a person could lift for 10 consecutive exercise repetitions**. 8RM would **be the heaviest weight a person could lift for 8 consecutive repetitions**.

### Week Four – Six

As above but 3 x 12RM with a slightly heavier weight – 3 times per week

**When it comes to increasing weight, it's recommended not to increase your weight by more than 10% at a time.** Small increments when it's time to increase the weight.

### Week Seven – Twelve

Upper body – lower body split workouts with increased weight intensity.

Train four times per week. Alternating between day one and day two workouts.

#### **Day One**

Flat Dumbbell Chest Press 2 x 10-12RM

Pec Dec Fly 1 X 10-12RM

One arm dumbbell row 2 x 10-12RM

Seated cable row 1 x 10-12RM

Seated dumbbell shoulder press 2 X 10-12RM

Dumbbell lateral raise 1 x 10-12RM

Dumbbell shrugs 2 X 10-15RM

Tricep push downs 2 X 10-12RM

Barbell curl 2 X 10-12RM

Forward Plank 60 secs+

## Day Two

Smith machine squats 2 x 8-12RM

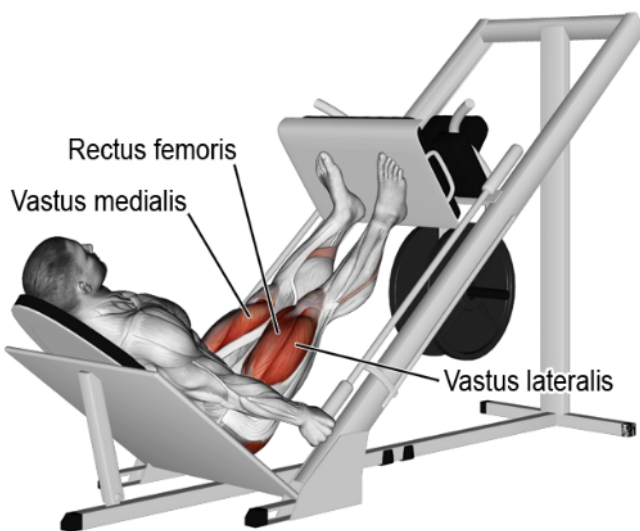
Leg extension 2 x 10-12RM

Leg Curl 2 x 10-12RM

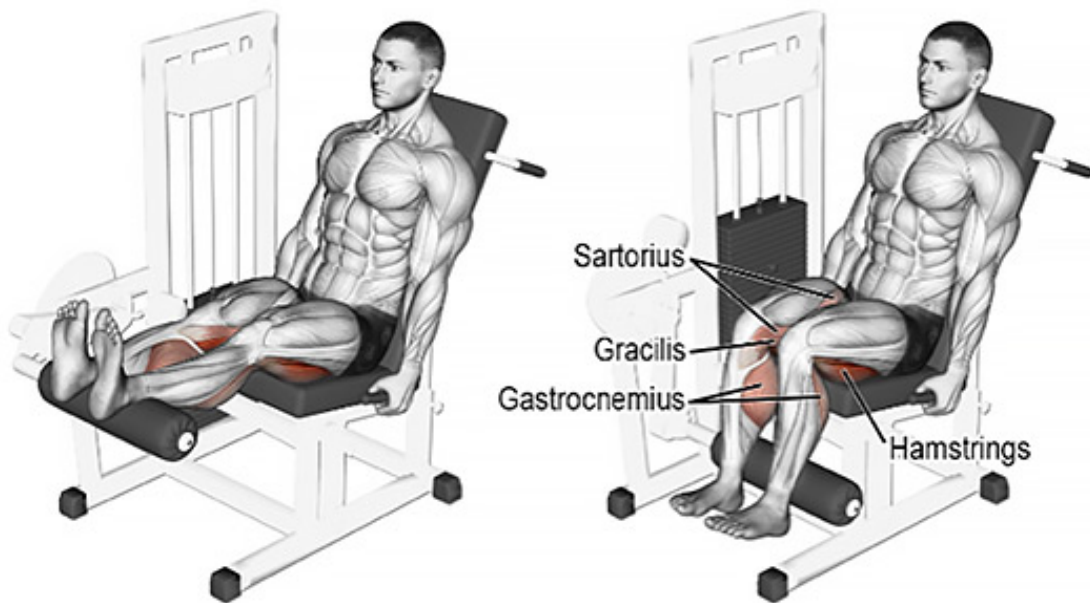
Back extensions 1 x 20-30

Standing Calf Raises 2 x 12-15RM

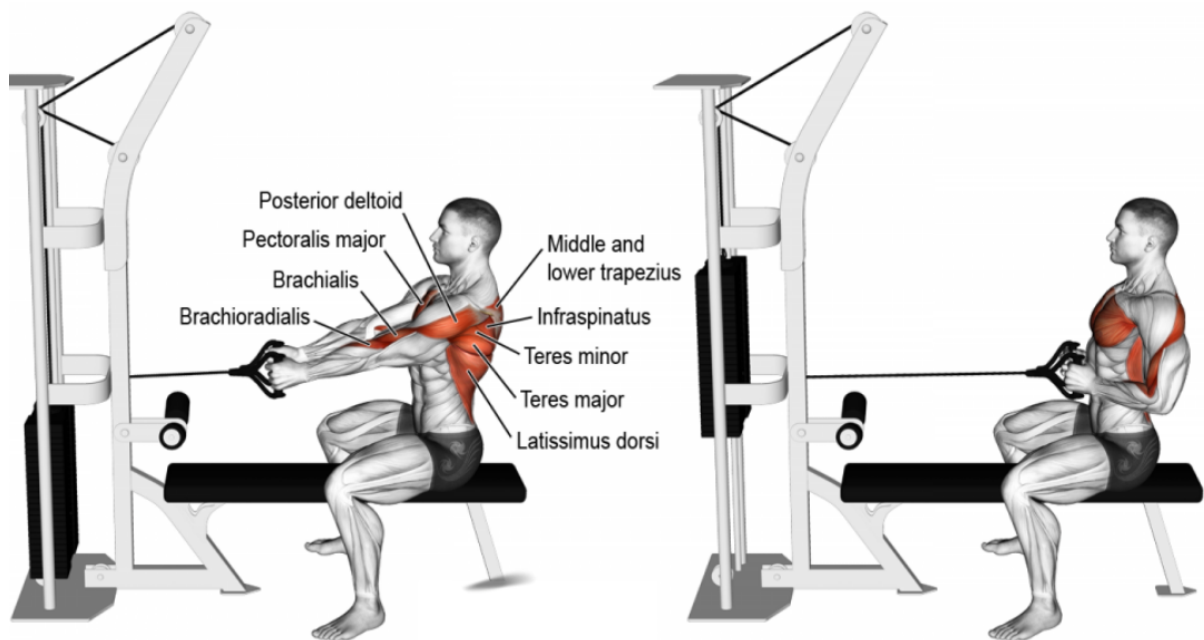
### Leg Press



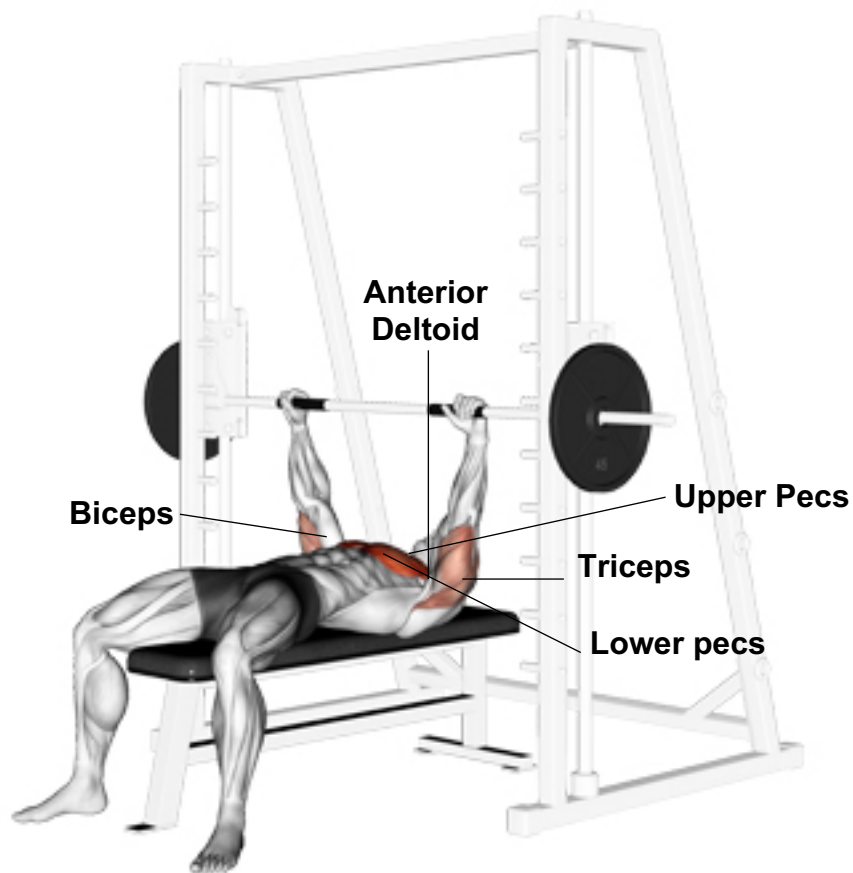
## Leg Curl



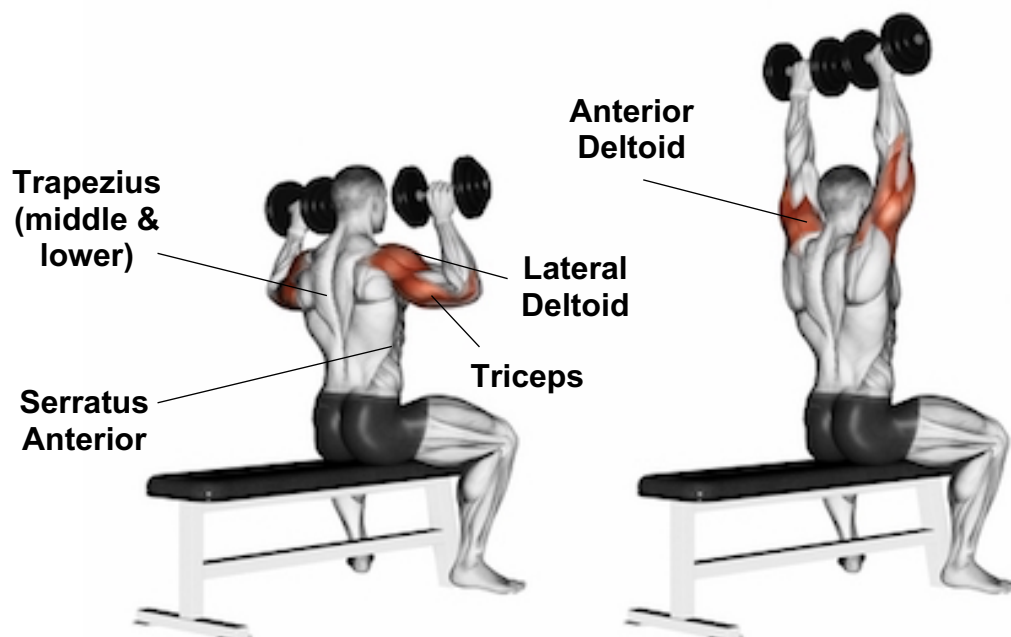
## Seated Cable Row



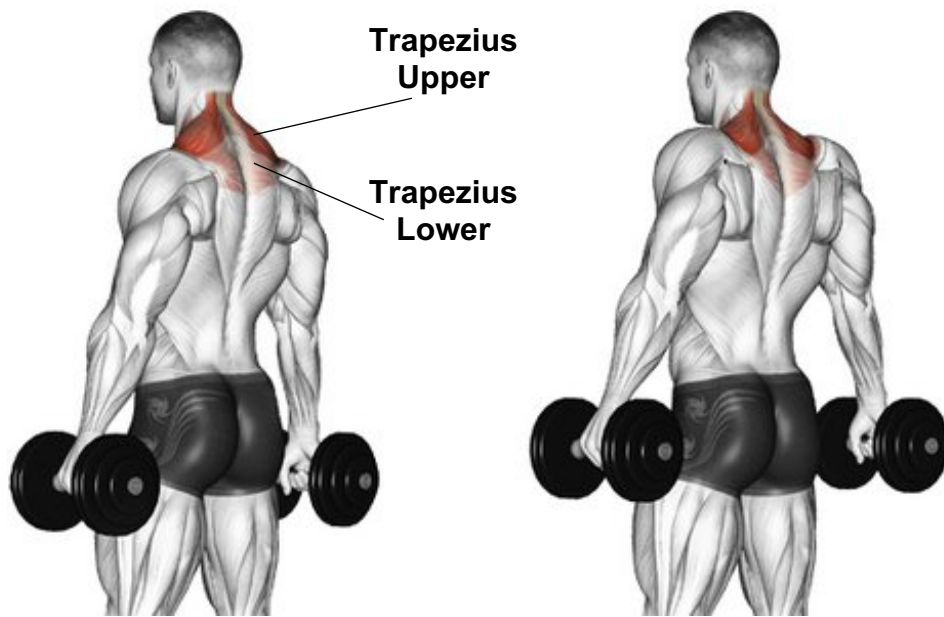
## Bench Press



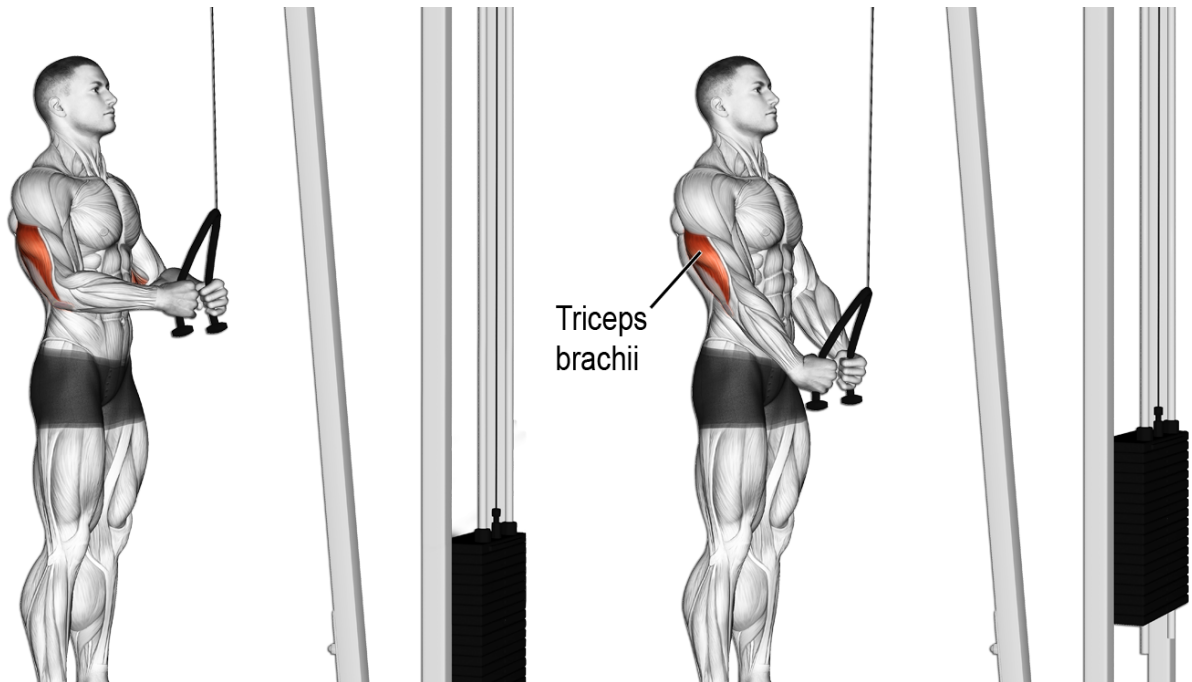
## Dumbbell Shoulder Press



## Dumbbell Shrugs

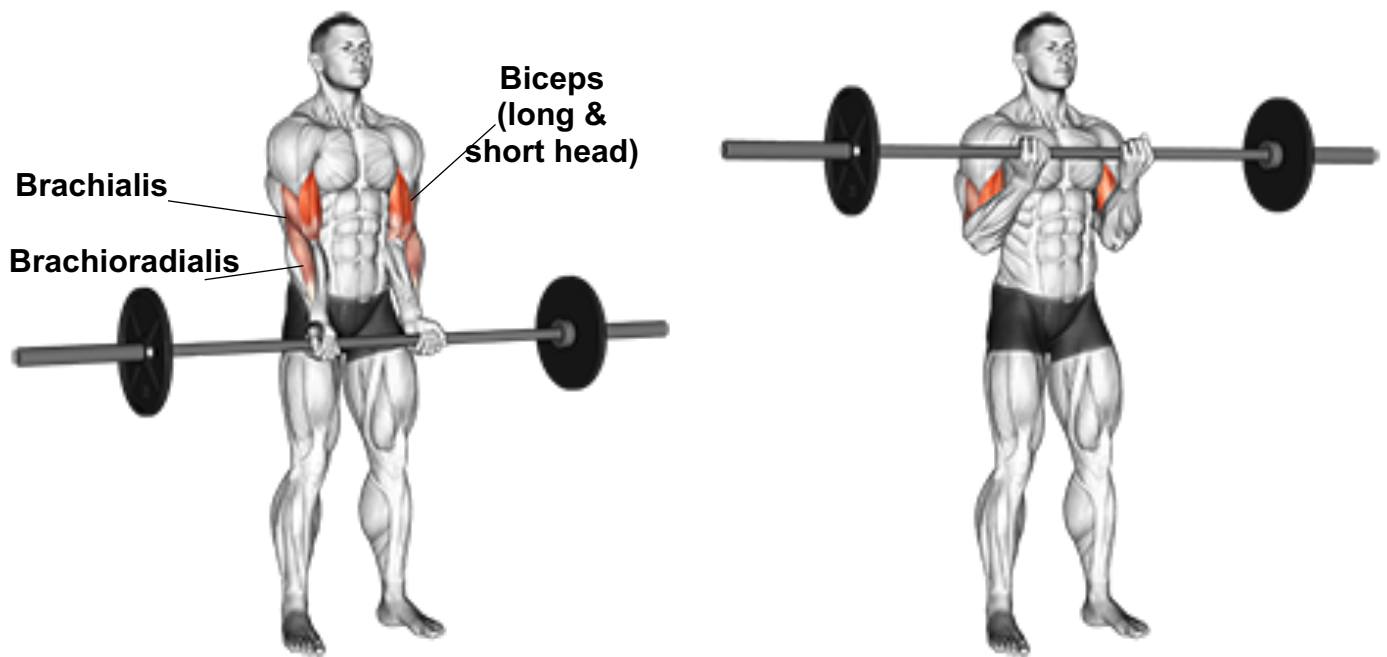


## Tricep Push Down

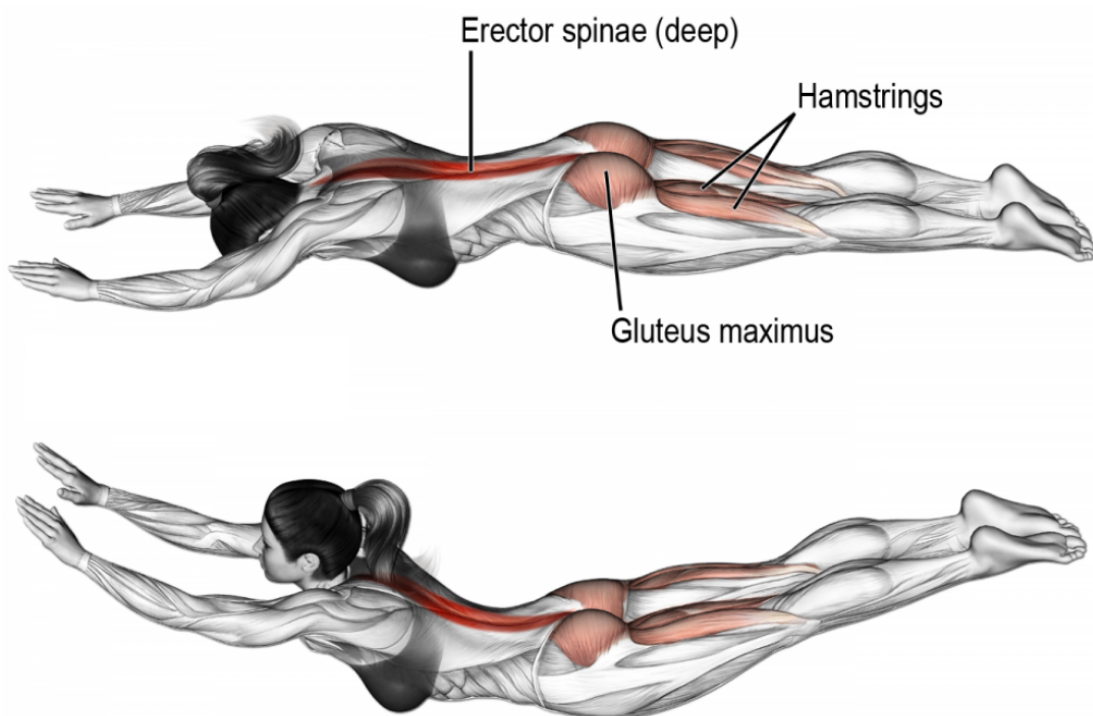




## Barbell Curl

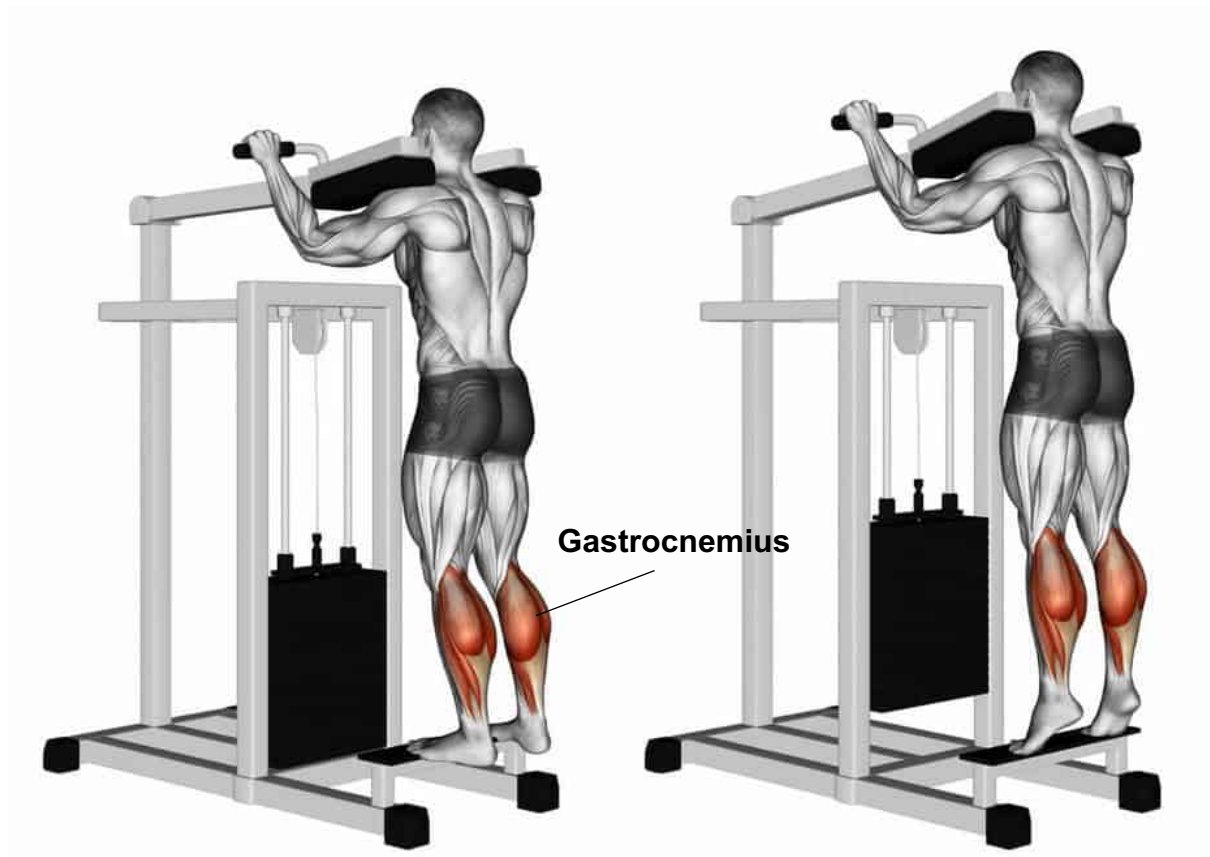


## Back Extensions

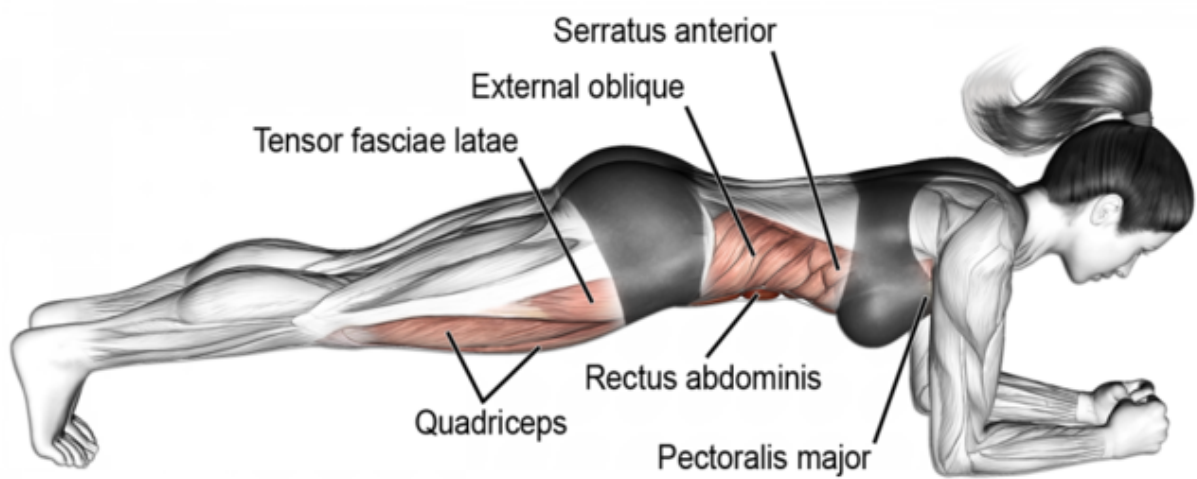




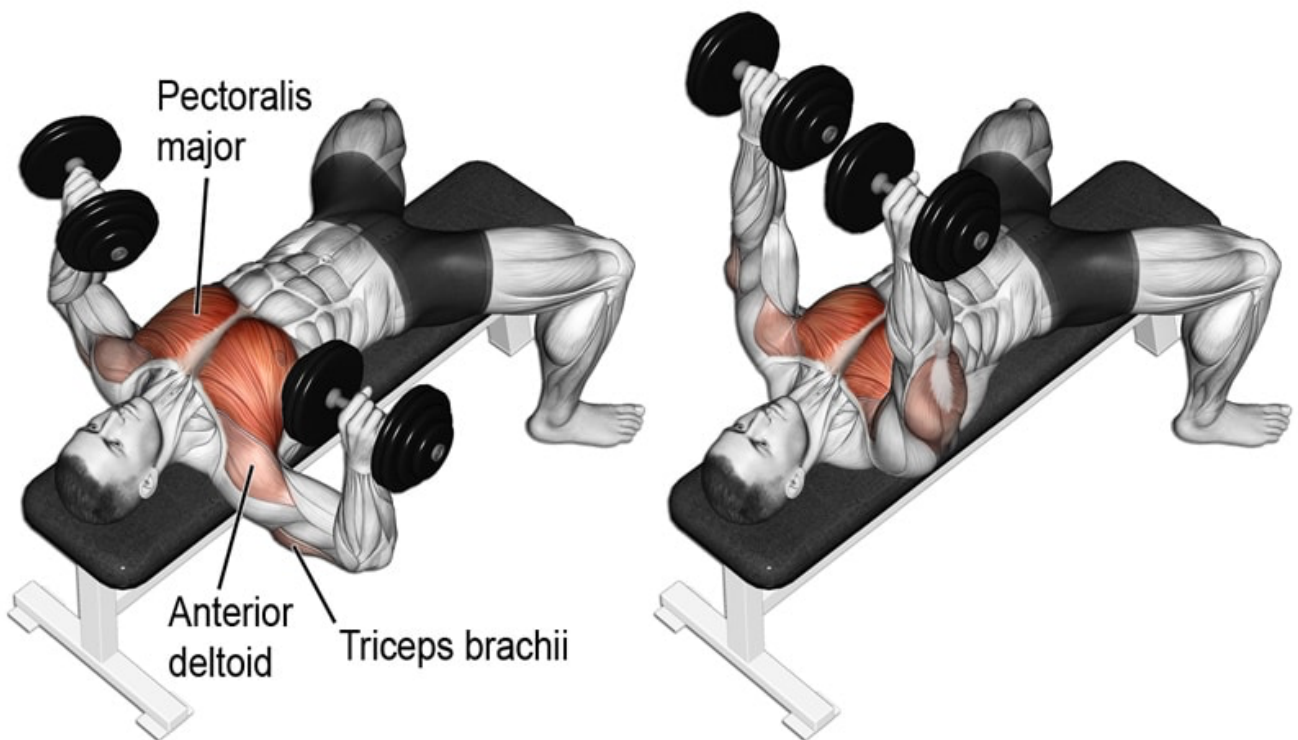
## Standing Calf Raise



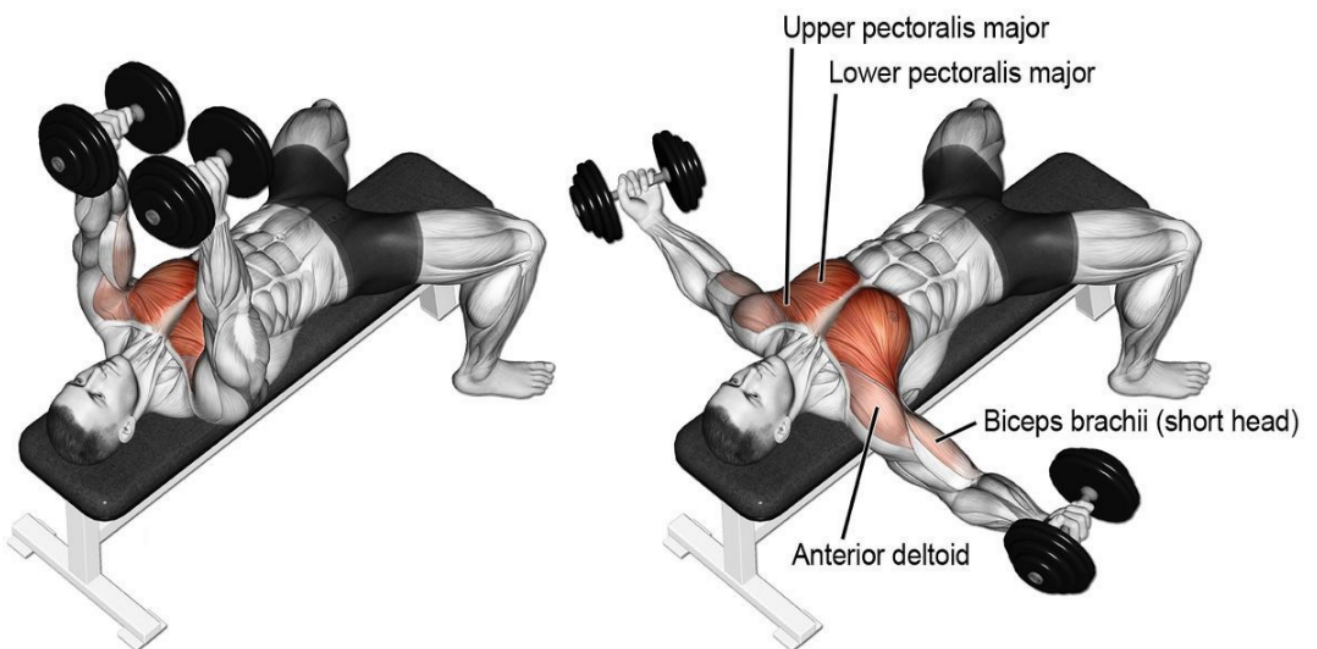
## Forward Plank



## Flat Dumbbell Chest Press



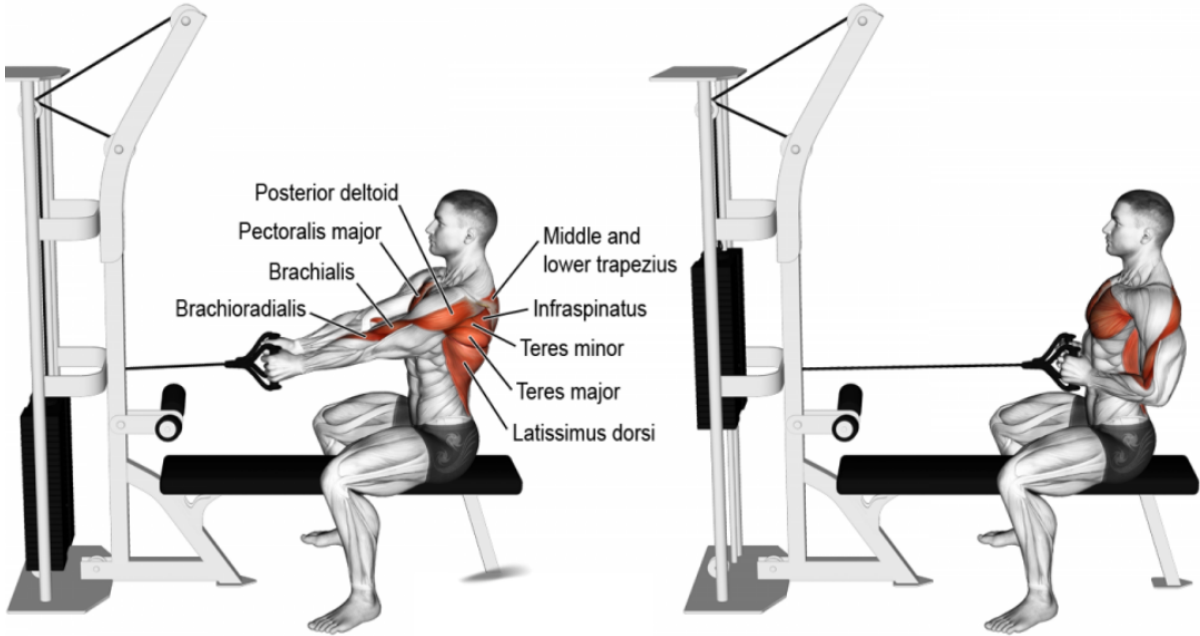
## Pec Dec Fly



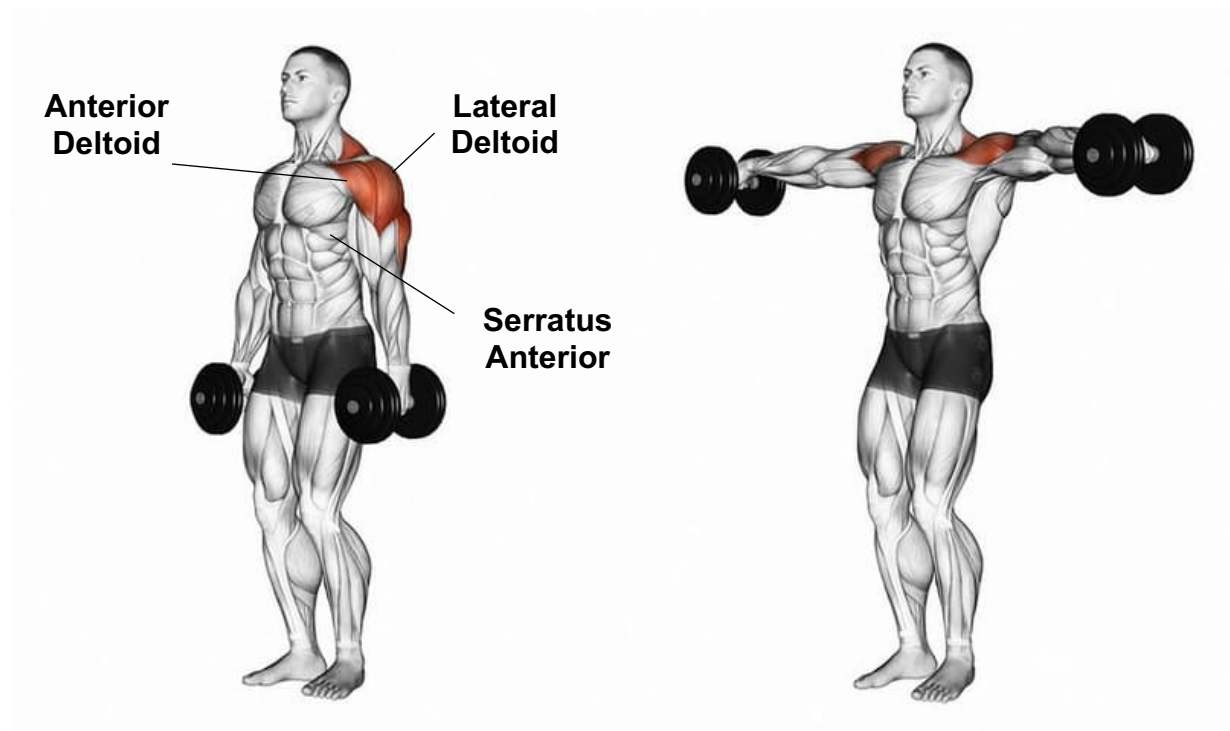
**One Arm Dumbbell Row**



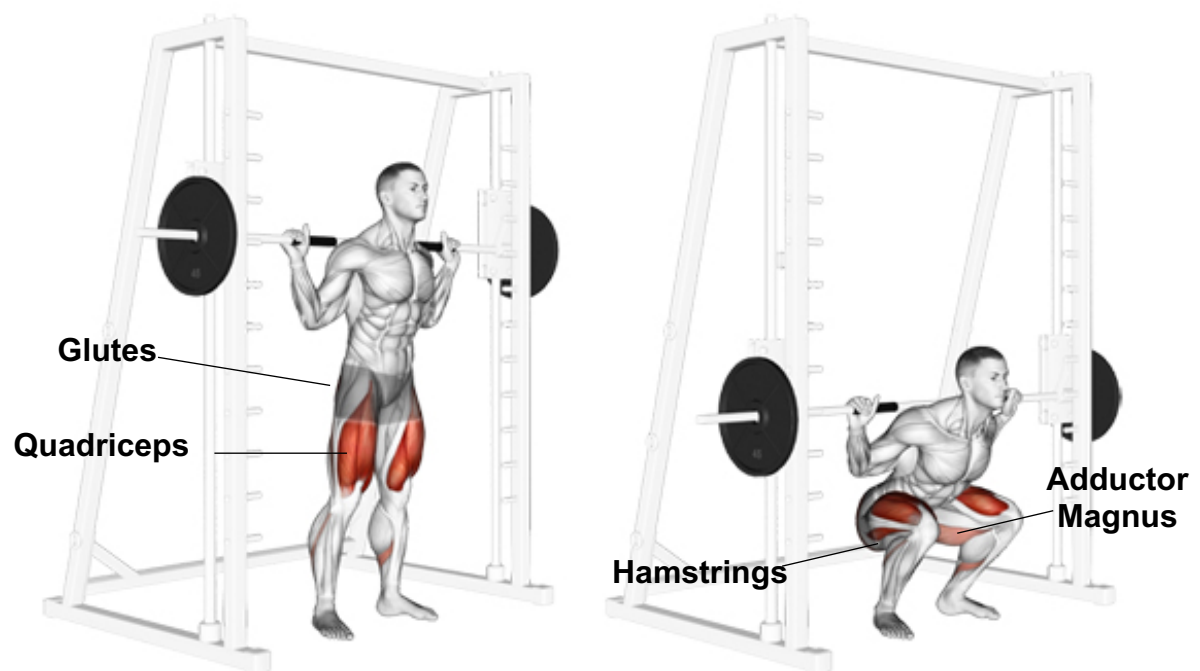
**Seated Cable Row**



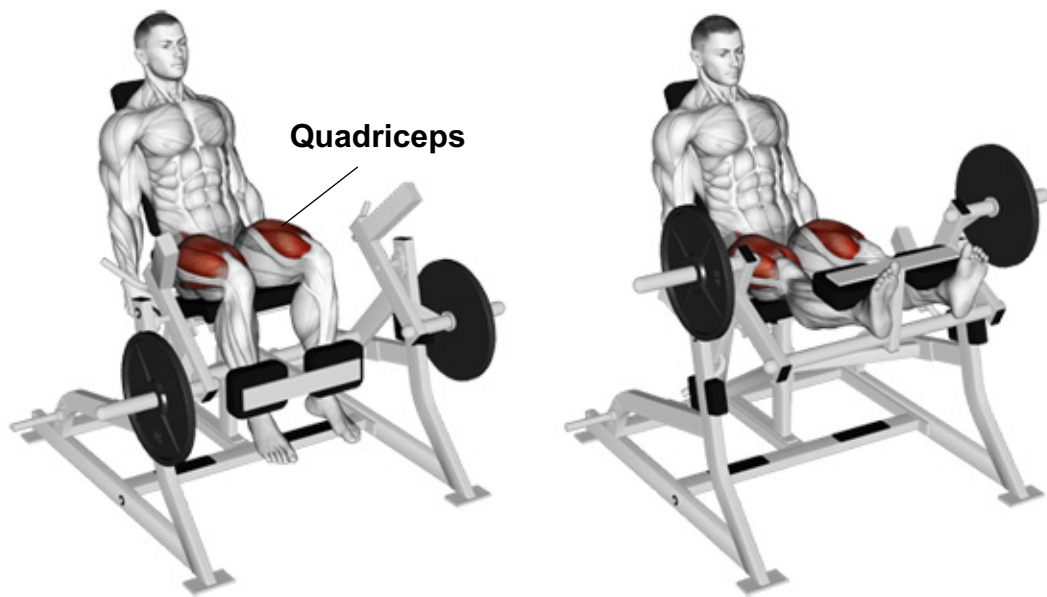
## Dumbbell Lateral Raise



## Smith Machine Squats



## Leg Extension



## CONTACT

Support & Help: [thecoach@kebofit.com](mailto:thecoach@kebofit.com)