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12 WEEK FULL-BODY WORKOUT PLAN FOR BEGINNERS

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Are you fascinated by looking at fitness enthusiasts and want the same for you but do not know where to start?

It is a great decision to start, but it is important to know where to start from.

Exercising puts you in the best shape and form. If you are new to the fitness world, it is ideal to start slow rather than jumping to big weights and challenging machines. Even if you are working at a low pace, it is essential to know whether you are on track or not.

So to see the right and positive change in you, a 12-week full-body workout plan is a good start. It will make sure that your body gets familiar with exercises and the quality results will motivate you to workout.

The plan includes different sets of exercises that target varying muscle groups. It will also help you to get started with essential gym equipment.

WORKOUT DESCRIPTION

The 12-week workout plan is designed for beginners. It involves easy exercises, but you need to be attentive and focused while doing these exercises. The workout plan comprises full-body routines in the first 6 weeks and split training sessions for the remaining weeks.

The main goal of this workout plan is to put you in the best shape and improve your health. You can also experience muscle building with this plan if you stay consistent. The plan also works on your entire body without missing any muscle group.

The workout can give you the best results if you use some gym equipment such as barbells, dumbbells, machines, or resistance bands. Along with doing exercises consistently, you need to work on your diet.

Since you will train your body at an advanced level, you might need to increase your protein intake. With that, you will also need to consider your food options. If you are a junk lover, and often eat out, then it is time to say goodbye to unhealthy food options.

You can also have supplements such as whey protein to maintain optimal protein intake or multivitamins for balanced health. The supplements will help you keep going at a better place and assist in the muscle-building process.

TARGET OF 12-WEEK FULL BODY PLAN



People often get intimidated by gym equipment as they have no idea how to use them. They look confused and startled while seeing people at the gym holding different equipment. So to get started, the best approach is to hold one and start with your workout to overcome the fear of equipment.

The main target of a 12-week full-body workout plan is to get yourself familiar with different gym tools. So many people do not even know the correct technique to do the exercise and hence waste their time by doing wrong exercises for a long time. The workout plan also aims to correct and improve the exercise form.

By the end of the program, you will be able to see a visible difference in yourself. The entire program focuses on improving your journey and will make you more confident.

You will be a better and muscular version of yourself if you stay consistent throughout the program. Rather than involving in advanced and pro training programs at the beginning of your journey, focus more on starting at your own pace.

Your favorite fitness experts can do a variety of exercises on multiple gym equipment. But, that does not mean that you can do the same. There is a difference in the intensity level, and once you get done with this program, you might be able to do the same.

THE PROGRAM FOR MUSCLE BUILDING

You do not have to switch your exercises as the program has a lot of variety for you. The plan works on three days of the week with four days for your rest solely.

It is necessary to give rest to yourself so that your body can recover from the damage. If you do not rest, your performance and intensity level will be affected the most.

Follow these programs each week. The daily workout plan keeps you on your toes for 45-60 minutes each day, followed by cool-down exercises.

(<https://www.youtube.com/watch?v=iapsX8jB7k8&feature=youtu.be>)

So stay strong, keep your head up and start the workout with complete motivation.

WEEK 1-3: FULL-BODY WORKOUT

For weeks 1-3, you need to do the following exercises. The exercise targets all muscles of your body and causes a massive burn.

You will need to do 15 reps for each exercise. If you feel like increasing the intensity of the workout, feel free to increase the number of sets. Initially, plan to do only one set. Take the rest of 20-30 seconds in between sets.

Following are the exercises that you need to follow:

EXERCISES	REPETITIONS	EXERCISES	REPETITIONS
Inclined Dumbbell Press	15	Triceps Dips	15
Crunches	15	Plank Rows	15
Hip dips	15	Squat Pulses	15
Reverse Crunch	15	Fire Hydrant	15
Lying Leg Curl	15	Lunges	15
Back Extension	15	Wide Leg Squat	15

WEEK 4-6:

FULL-BODY WORKOUT INCREASED INTENSITY

Now, you have managed to get done with weeks 1-3; it's time to move on to the next phase. Week 4-6 also involves a full-body workout plan, but you can add weight or increase the intensity to make it a little challenging. In this phase, you must increase the number of sets. In this week, you will majorly work on your back, arms, and abs.

You need to do these exercises three days a week. Ideally, you should work out on Monday, Wednesday, and Friday while resting on other days of the week. Make sure to warm up before the workout.

EXERCISES	REPETITIONS	EXERCISES	REPETITIONS
Side planks	15-20	High Knees	15-20
High Plank to push up	15-20	Bicycle Crunch	15-20
Barbell curls	15-20	Bunny Hops	15-20
Traditional Plank	15-20	Plank Row	15-20
Reverse Plank	15-20	Crossbody Climber	15-20
Triceps extension	15-20	Swimmers	15-20

WEEK 7-12:

UPPER AND LOWER BODY SPLIT WORKOUT

From weeks 7-12, you have two different workout plans which target your upper body and lower body. You can switch between these two plans on alternative days. It is extremely important to have rest when you have come so far. You can experiment with the number of reps and do what suits you the most.

Ideally, you should opt for 15-40 reps in a single set to maximize your results. Finish the workout by giving in all you have. You can also use different equipment at this point as per your convenience.

WORKOUT PLAN 1: **UPPER BODY**

EXERCISES	REPETIITONS	EXERCISES	REPETIITONS
Bench press (with Barbell)	15-20	Bodyweight Push Ups	35-40
Triceps Extension (dumbbell)	20-30	Push Press (barbell)	10-20
Pull-up (Pull-up bar)	10-20	Triceps Pushdown	20-30
Incline Bench Press (barbell)	20-25	Shoulder Press	15-20
Seated Cable Row	20-25	Cable Fly	20-25
Barbell Wrist Curl	20-30	Single Arm Dumbbell Row	15-20

WORKOUT PLAN 2: **LOWER BODY**

EXERCISES	REPETIITONS	EXERCISES	REPETIITONS
Standing Calf Raise	15-20	Fire hydrants (resistance bands)	10-20
Donkey Kicks (resistance bands)	20-30	Leg Press	15-20
Squat (barbell)	20-25	Conventional Deadlift	15
Lunges (barbell)	10-20	Hanging Knee Raises	15-20
Lying Leg Curl	10-20	Reverse Crunch	30-40
Barbell Wrist Curl	20-30	Russian twist (dumbbell, or kettlebell)	30-40

TIPS FOR MUSCLE GAIN

The workout will help you get in the best shape, but you also need to work on different tips to maximize your results. Some of these tips are:

- Stay consistent in your entire workout regimen. Avoid skipping any day as you already have enough rest days in the routine.
- Add weights to your exercise routine to make your workout more challenging. Weights will also assist you in muscle gain.
- Work to build your stamina and endurance gradually. Focus completely on your exercises.
- Make the right food choices. Avoid unhealthy and oily food. Add more protein-rich options to your diet.
- Do not overdo your muscles. The workout routine is designed to cater to your intensity level, which is a beginner level. Starting low and easy can maximize your results. You will get better with time, and so you can increase your workout days after completing this routine first.

FINAL WORDS

It is never too late to start. If you have made up your mind to prioritize your health, you are already working at a good pace. Make sure that you keep yourself motivated so that you can get your dream body.

The 12-week full-body workout plan aims to tone your muscle and build up your stamina. After finishing this routine, you will experience positive changes in your body and an increased motivation that will help you to stay on track.

With this routine, you need to adjust your calorie intake as well. Eat a balanced diet to maximize the results and practice healthy habits.

We hope this quick guide has given you a good grasp on some of our favorite muscle building concepts. Through smart training and nutrition, you can build a muscular body if you are consistent.

For more tips and tools to help you reach your fitness goals, visit www.dmoose.com



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