

12-WEEK

BUILD MUSCLE & STRENGTH TRAINING PROGRAM



Strength training isn't just about building muscle, it's a game-changer for your mental and physical well-being. Physically, it improves strength, mobility, and metabolism. Mentally, it reduces stress, sharpens focus, and builds resilience. Every rep helps you boost your fitness and grow your confidence, equipping you to tackle challenges both in and out of the gym.

You've been training hard, but progress has stalled, and those muscle and strength gains feel out of reach. At 12Reps, we've created the ultimate 12-week Muscle & Strength Training Program to help you smash through barriers and transform your body.

With a clear structure, proven methods, and progression principles, this program is your roadmap to training smarter, lifting heavier, and growing stronger than ever before. Ready to take your results to the next level? Let's make it happen.

What Makes This Program Stand Out?

- » **Science-Backed Structure:** Designed with progression phases to maximise muscle and strength gains.
- » **Focus on Compound Movements:** Build strength with heavy lifts like squats, deadlifts, and bench presses.
- » **Guided Progression:** Say goodbye to guesswork—each week is crafted to help you lift more, recover smarter, and grow faster.
- » **Optimised Recovery:** Includes rest and accessory work to keep you injury-free and performing at your best.

Why Download the 12Reps App?

Your goal isn't just to train—it's to transform. With the 12Reps app, you'll get:

- » **Step-by-step guidance** through every phase of the program.
- » **Progress tracking** so you can see how much stronger you're getting.
- » **Video tutorials** to perfect your form and maximise your results.

Take control of your training and achieve the gains you've been working for download 12Reps now!

DISCLAIMER

The programs provided by 12Reps are for general fitness purposes only and may not be suitable for everyone. Always consult your doctor or a qualified healthcare professional before starting any new exercise program, especially if you are pregnant, have pre-existing medical conditions, or injuries. 12Reps is not responsible for any injuries or health issues that may result from participation in these programs.

Key Notes for Success

- 1 **Progressive Overload:** Increase weight as strength improves but maintain proper form.
- 2 **Rest Periods:**
 - » Compound lifts: 2-3 minutes.
 - » Accessory lifts: 60-90 seconds.
- 3 **Recovery:** Prioritise sleep, hydration, and nutrition (high-protein intake) to support muscle growth and strength.
- 4 **Deload Week (Optional):** In Week 12, reduce intensity to 60-70% of max for recovery and peak performance.

Weekly Structure

- » **Monday:** Upper Body Strength (Push Movements)
- » **Tuesday:** Lower Body Strength
- » **Thursday:** Upper Body Strength (Pull Movements)
- » **Friday:** Lower Body Power & Hypertrophy

WEEKS 1-4: FOUNDATION PHASE

Focus on form, volume, and building a base for heavier loads.



Monday: Upper Body Strength (Push Movements)

- 1 **Barbell Bench Press:** 4 sets x 6-8 reps
- 2 **Overhead Dumbbell Shoulder Press:** 3 sets x 8-10 reps
- 3 **Incline Dumbbell Press:** 3 sets x 8-10 reps
- 4 **Triceps Dips (Bodyweight or Weighted or Assisted):** 3 sets x 10-12 reps
- 5 **Lateral Raises:** 3 sets x 12-15 reps

Tuesday: Lower Body Strength

- 1 **Barbell Back Squat:** 5 sets x 6-8 reps
- 2 **Barbell Romanian Deadlift:** 4 sets x 8-10 reps
- 3 **Walking Lunges (Weighted):** 4 sets x 12 reps per leg
- 4 **Leg Press:** 5 sets x 10-12 reps
- 5 **Standing Calf Raises:** 4 sets x 15-20 reps

Thursday: Upper Body Strength (Pull Movements)

- 1 **Deadlift:** 5 sets x 4 reps
- 2 **Pull-Ups (Assisted or Weighted):** 4 sets x 5-8 reps
- 3 **Barbell Row:** 3 sets x 6-8 reps
- 4 **Dumbbell Bicep Curls:** 4 sets x 10-12 reps
- 5 **Rope Face Pulls:** 4 sets x 12-15 reps

Friday: Lower Body Power & Hypertrophy

- 1 **Barbell or dumbbell Front Squat:** 4 sets x 6-8 reps
- 2 **Bulgarian Split Squat:** 4 sets x 8-10 reps per leg
- 3 **Barbell clean and press:** 4 sets x 6-8 reps
- 4 **Kettlebell gorilla row:** 4 sets x 12 reps
- 5 **Seated Calf Raises:** 3 sets x 15-20 reps



WEEKS 5-8: PROGRESSIVE OVERLOAD PHASE

Increase weight intensity and focus on controlled, heavier lifts. Reduce reps slightly on compound movements.

Changes in Reps:

- » **Compound lifts:** 4-6 reps
- » **Accessory lifts:** 6-8 reps

Monday: Upper Body Strength (Push Movements)

- 1 **Barbell Bench Press:** 5 sets x 5-6 reps
» Add 5-10% more weight from Weeks 1-4.
- 2 **Incline Dumbbell Press:** 4 sets x 6-8 reps
- 3 **Overhead Barbell Press:** 4 sets x 6-8 reps
- 4 **Weighted Triceps Dips or Assisted:** 4 sets x 8-10 reps
- 5 **Arnold Press (Dumbbells):** 4 sets x 8-10 reps

Tuesday: Lower Body Strength

- 1 **Barbell Back Squat:** 5 sets x 5-6 reps
» Focus on controlled descent for 2-3 seconds.
- 2 **Romanian Deadlift (Barbell or Dumbbells):** 4 sets x 6-8 reps
- 3 **Leg Press:** 5 sets x 8-10 reps
- 4 **Walking Lunges (Weighted):** 4 sets x 10 steps per leg
- 5 **Standing Calf Raises (Weighted):** 4 sets x 15-20 reps

Thursday: Upper Body Strength (Pull Movements)

- 1 **Deadlift:** 4 sets x 4-6 reps
» Increase load by 5-10% compared to Weeks 1-4.
- 2 **Pull-Ups (Weighted if possible):** 4 sets x 6-8 reps
- 3 **Barbell Row:** 4 sets x 6-8 reps
- 4 **Hammer Curls (Dumbbells):** 4 sets x 10-12 reps
- 5 **Face Pulls (Cable or Bands):** 4 sets x 12-15 reps

Friday: Lower Body Power & Hypertrophy

- 1 **Front Squat:** 4 sets x 6-8 reps
- 2 **Dumbbell Sumo Deadlift:** 4 sets x 6 reps
- 3 **Bulgarian Split Squat:** 3 sets x 6-8 reps per leg
- 4 **kettlebell gorilla row:** 4 sets x 10 reps
- 5 **Seated Calf Raises:** 3 sets x 15-20 reps



WEEKS 9-12: STRENGTH & POWER PHASE

» Emphasis on low-rep heavy lifts with reduced volume for peak strength.

Changes in Reps:

» **Compound lifts:** 3-5 reps

» **Accessory lifts:** 6-8 reps

Monday: Upper Body Strength (Push Movements)

- 1 **Barbell Bench Press:** 5 sets x 3-5 reps
» Aim for 85-90% of your one-rep max.
- 2 **Incline Barbell Press:** 5 sets x 4-6 reps
- 3 **Overhead Dumbbell Press:** 5 sets x 6-8 reps
- 4 **Weighted Triceps Dips:** 4 sets x 6-8 reps
- 5 **Dumbbell Lateral Raises:** 4 sets x 10-12 reps

Tuesday: Lower Body Strength

- 1 **Barbell Back Squat:** 5 sets x 3-5 reps
» Focus on lifting heavy with proper depth and control.
- 2 **Romanian Deadlift (Barbell):** 4 sets x 4-6 reps
- 3 **Leg Press (Heavy):** 5 sets x 8 reps
- 4 **Walking Lunges (Weighted):** 4 sets x 8 steps per leg
- 5 **Standing Calf Raises (Weighted):** 4 sets x 15 reps

Thursday: Upper Body Strength (Pull Movements)

- 1 **Deadlift:** 5 sets x 3-5 reps
» Focus on lifting 85-90% of your one-rep max.
- 2 **Weighted Pull-Ups:** 5 sets x 4-6 reps
- 3 **Barbell Row:** 5 sets x 4-6 reps
- 4 **Dumbbell Bicep Curls:** 4 sets x 8-10 reps
- 5 **Rope Face Pulls:** 3 sets x 10-12 reps

Friday: Lower Body Power & Hypertrophy

- 1 **Front Squat:** 4 sets x 4-6 reps
- 2 **Dumbbell Sumo Deadlift:** 4 sets x 4-6 reps
- 3 **Bulgarian Split Squat:** 4 sets x 6-8 reps per leg
- 4 **Explosive Step-Ups (Weighted):** 3 sets x 8 reps per leg
- 5 **Kettlebell Swings:** 4 sets x 15 reps



Nutritional Meal Plan tailored for your 12-Week Muscle & Strength Training Program. It focuses on high-protein intake, balanced macronutrients, and appropriate meal timing to support muscle growth, recovery, and performance.

Pre-Workout (30–60 Minutes Before Training)

- » **Option 1:** Greek yoghurt (150g) with a handful of berries and 1 teaspoon of honey.
- » **Option 2:** Whole-grain toast (1 slice) with almond butter and banana slices.
- » **Option 3:** Oatmeal (50g oats) made with almond milk, topped with chopped apple and cinnamon. (Vegetarian)
- » **Option 4:** Protein smoothie: 1 scoop whey or plant protein, almond milk, 1 banana, and 1 tablespoon peanut butter. (Vegetarian)

Post-Workout Meal (Within 1 Hour After Training)

- » **Option 1:** Grilled chicken breast (120g), sweet potato (150g), and steamed broccoli with olive oil.
- » **Option 2:** Grilled salmon (120g), quinoa (100g), and roasted asparagus.
- » **Option 3:** Tofu (120g) stir-fried with mixed vegetables and served with jasmine rice. (Vegetarian)
- » **Option 4:** Cottage cheese (150g) with a baked sweet potato and green beans. (Vegetarian)

Breakfast

- » **Option 1:** Scrambled eggs (3) with spinach and mushrooms, served with 1 slice of sourdough toast.
- » **Option 2:** Greek yoghurt (200g) with granola, sliced banana, and chia seeds. (Vegetarian)
- » **Option 3:** Protein pancakes (made with oats, 1 banana, and protein powder) topped with berries and almond butter. (Vegetarian)
- » **Option 4:** Avocado toast with poached eggs (2) and a side of sliced tomatoes. (Vegetarian)

Mid-Morning Snack

- » **Option 1:** Protein shake (whey or plant-based) with almond milk and a handful of mixed nuts.
- » **Option 2:** Hard-boiled eggs (2) with 1 small apple.
- » **Option 3:** Edamame beans (100g) sprinkled with sea salt. (Vegetarian)
- » **Option 4:** Hummus (50g) with cucumber and carrot sticks. (Vegetarian)

Lunch

- » **Option 1:** Grilled chicken (150g), brown rice (100g), and roasted vegetables (courgette, peppers, and carrots).
- » **Option 2:** Lean beef mince (150g) in a whole grain wrap with avocado, spinach, and salsa.
- » **Option 3:** Chickpea/ kidney beans and quinoa bowl with roasted sweet potatoes, spinach, and tahini dressing. (Vegetarian)
- » **Option 4:** Grilled halloumi or kidney beans (100g) with couscous and roasted vegetables. (Vegetarian)

Afternoon Snack

- » **Option 1:** Cottage cheese (150g) with rice cakes and a sprinkle of chia seeds. (Vegetarian)
- » **Option 2:** A handful of trail mix (nuts, dried fruit, and pumpkin seeds). (Vegetarian)
- » **Option 3:** Turkey slices (100g) rolled with spinach and cream cheese.
- » **Option 4:** 1 whole grain wrap with hummus, grated carrots, and mixed greens. (Vegetarian)

Dinner

- » **Option 1:** Grilled lean steak (150g), baked sweet potato, and green beans.
- » **Option 2:** Turkey mince stir-fry with brown rice noodles, vegetables, and sesame oil.
- » **Option 3:** Grilled salmon (150g) with quinoa and steamed broccoli.
- » **Option 4:** Tofu or tempeh stir-fry with whole-grain noodles, mixed veggies, and sesame seeds. (Vegetarian)

Evening Snack (Optional)

- » **Option 1:** Casein protein shake with water or almond milk.
- » **Option 2:** Low-fat Greek yoghurt (150g) with a few walnuts and a teaspoon of honey. (Vegetarian)
- » **Option 3:** 1 boiled egg with a handful of almonds.
- Option 4:** 1 small bowl of cottage cheese with sliced strawberries. (Vegetarian)

Hydration and Supplements

- » **Hydration:** 3-4 liters of water per day.
- » **Supplements:**
- » **Protein Powder:** Whey or plant-based for post-workout and snacks.
- » **Creatine Monohydrate:** 5g daily to support strength and muscle gains.
- » **Omega-3s:** 1-2 grams from fish oil or flaxseed oil.
- » **Multivitamin:** Daily for overall nutrient support.
- » **BCAA (Optional):** During training for muscle recovery.