

A woman with dark hair tied back is performing a sit-up exercise. She is wearing a black sports bra with a small white Nike logo on the left side and black shorts. She is smiling and looking towards the camera, with her hands behind her head. The background is a dark, industrial-style gym with vertical panels.

12-WEEK STRENGTH TRAINING PROGRAM FOR WOMEN

**FEEL STRONG, TONED, AND
CONFIDENT WITH 12REPS**



Walking into the gym can feel overwhelming without a clear plan—but it doesn't have to. At 12Reps, we've developed the 12-Week Strength Training Program for Women, designed to help you build muscle, shape your body, and feel empowered every step of the way.

Using proven methods and a structured approach, this program guides you through just 3 focused sessions a week to:

- » **Build strength** with powerful compound movements like squats and deadlifts.
- » **Tone and define** your legs, glutes, and core.
- » **Boost confidence** as you lift heavier and grow stronger each week.

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

- 1 **Progressive Overload:**
Gradually increase weights every 1-2 weeks. Aim for small increases while maintaining proper form.
- 2 **Rest Times:**
 - » Compound Lifts: 2-3 minutes
 - » Accessory Lifts: 60-90 seconds
- 3 **Warm-Up:**
5-10 minutes of light cardio and mobility before each session.
- 4 **Progressive Overload:**
Stretch major muscle groups and use foam rolling post-workout.
- 5 **Nutrition:**
Prioritise protein-rich foods, complex carbs, and healthy fats to support muscle growth and recovery.

Program Overview

- » **Split:** 3 Days per Week (Monday, Wednesday, Friday)
- » **Focus:** Full Body Strength + Accessory Work (Glutes, Core, and Stability)
- » **Progression:**
- » **Weeks 1-4:** Foundation Phase (Build form and base strength)
- » **Weeks 5-8:** Strength & Volume Phase (Increase intensity and reps)
- » **Weeks 9-12:** Power & Max Strength Phase (Lower reps, heavier loads)

Weekly Structure

- » **Monday:** Lower Body Strength (Glutes, Hamstrings, Quads)
- » **Wednesday:** Upper Body Strength (Push/Pull) & Core
- » **Friday:** Full-Body Strength & Conditioning





WEEKS 1-4: FOUNDATION PHASE

Focus: Mastering form, building base strength, and improving mind-muscle connection.

Monday: Lower Body Focus

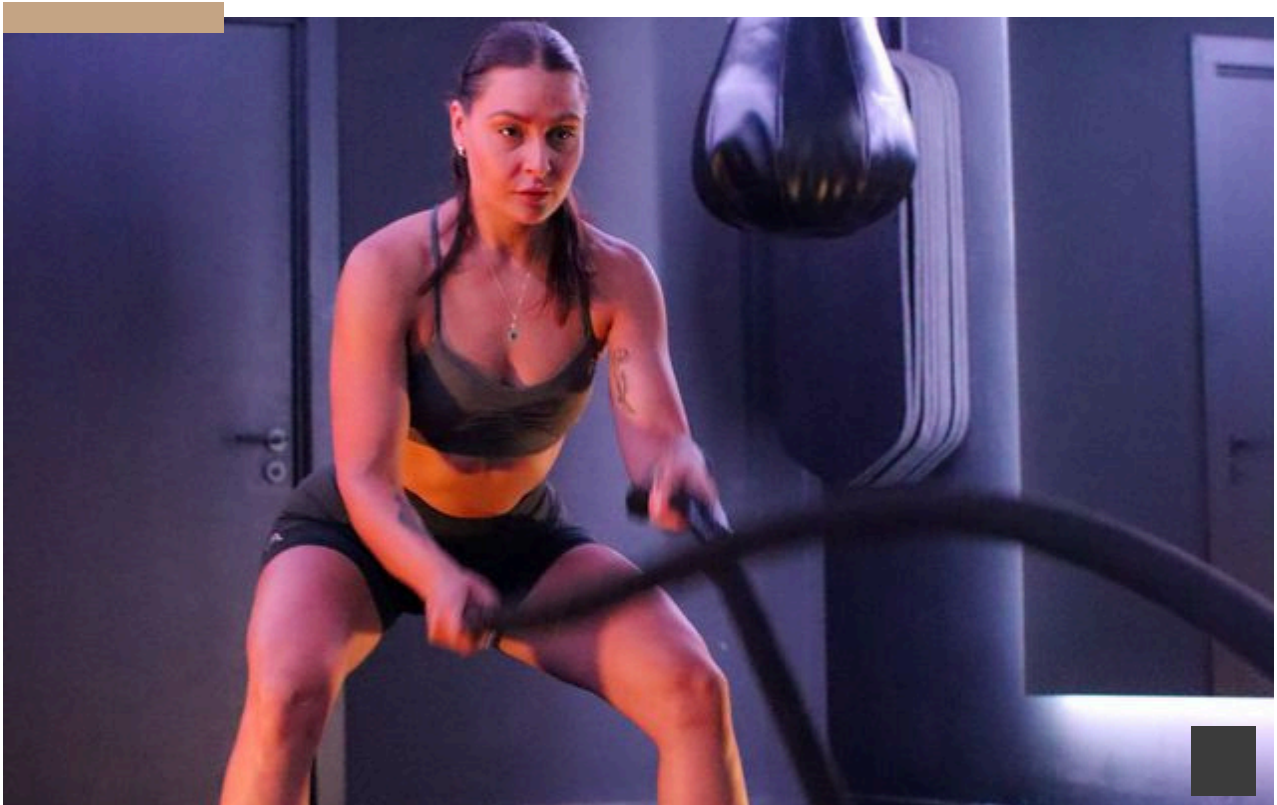
- 1 **Barbell Back Squat:** 5 sets x 8-10 reps
- 2 **Romanian Deadlift (Dumbbells):** 4 sets x 10-12 reps
- 3 **Glute Bridge (Bodyweight or Light Weight):** 4 sets x 12-15 reps
- 4 **Step-Ups (Bodyweight or Dumbbells):** 4 sets x 10 reps per leg
- 5 **Standing Calf Raises:** 4 sets x 15-20 reps

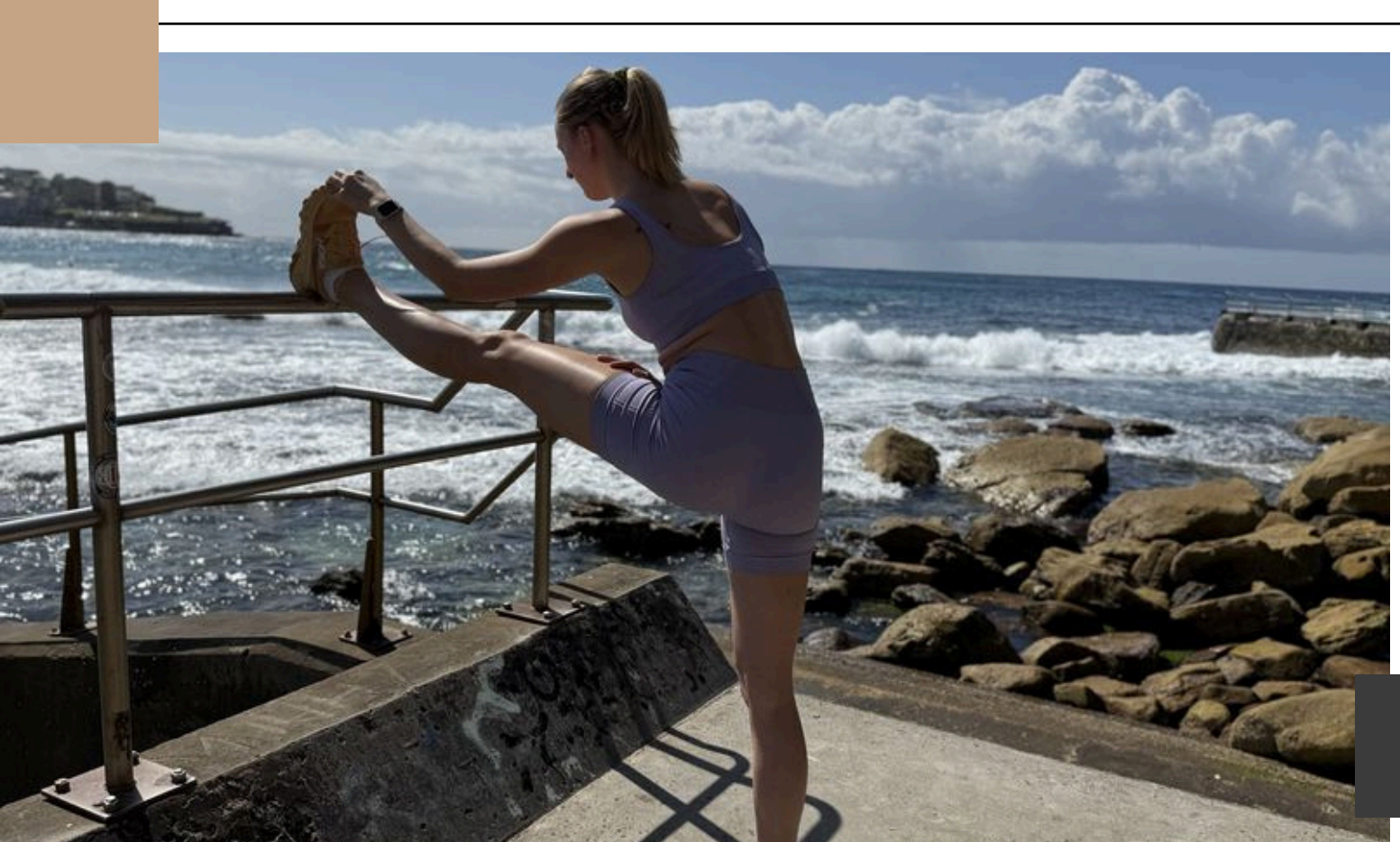
Wednesday: Upper Body Strength & Core

- 1 **Push-Ups / knee push-ups:** 4 sets x 8-12 reps (Modify to knees if needed)
- 2 **Dumbbell Bench Press:** 4 sets x 10-12 reps
- 3 **One-Arm Dumbbell Row:** 4 sets x 10-12 reps per arm
- 4 **Dumbbell Shoulder Press:** 4 sets x 10-12 reps
- 5 **Plank Hold:** 4 sets x 30-45 seconds

Friday: Full-Body Strength & Conditioning

- 1 **Deadlift (Barbell or Dumbbells):** 4 sets x 8-10 reps
- 2 **Goblet Squat (Kettlebell or Dumbbell):** 4 sets x 12 reps
- 3 **Walking Lunges (Bodyweight or Light Dumbbells):** 4 sets x 10-12 steps per leg
- 4 **Dumbbell Farmers Walk:** 3 sets x 20 meters
- 5 **Russian Twists:** 4 sets x 15 reps per side





WEEKS 5-8: STRENGTH & VOLUME PHASE

Focus: Increase intensity and volume by adding weight and reducing rest time.

Monday: Lower Body Strength

- 1 **Barbell Back Squat:** 4 sets x 6-8 reps
- 2 **Romanian Deadlift (Barbell):** 4 sets x 8-10 reps
- 3 **Hip Thrust (Weighted):** 4 sets x 10-12 reps
- 4 **Step-Ups with Knee Drive (Weighted):** 4 sets x 8 reps per leg
- 5 **Seated Calf Raises:** 4 sets x 12-15 reps

Wednesday: Upper Body Strength & Core

- 1 **Incline Dumbbell Press:** 4 sets x 8-10 reps
- 2 **Single-Arm Dumbbell Row:** 4 sets x 8-10 reps
- 3 **Dumbbell Lateral Raises:** 4 sets x 12-15 reps
- 4 **Plank with Shoulder Taps:** 3 sets x 12 taps per side
- 5 **Hanging Knee Raises / laying down knee tuck:** 3 sets x 10-12 reps

Friday: Full-Body Strength & Conditioning

- 1 **Barbell Deadlift:** 5 sets x 6-8 reps
- 2 **Goblet Squat:** 4 sets x 10 reps
- 3 **Kettlebell Swing:** 4 sets x 15 reps
- 4 **Single-Leg Glute Bridge:** 4 sets x 12 reps per leg
- 5 **Bicycle Crunches:** 4 sets x 20 reps





WEEKS 9-12: POWER & MAX STRENGTH PHASE

FOCUS:

Lifting heavier weights with lower reps to maximise strength and power. Recovery time increases slightly.

Monday: Lower Body Strength

- 1 **Barbell Back Squat:** 5 sets x 4-6 reps
- 2 **Romanian Deadlift:** 4 sets x 6-8 reps
- 3 **Barbell Weighted Hip Thrust:** 4 sets x 8-10 reps
- 4 **Reverse Lunges (Weighted):** 4 sets x 8 reps per leg
- 5 **Standing Calf Raises:** 4 sets x 15 reps

Wednesday: Upper Body Strength & Core

- 1 **Barbell Bench Press:** 4 sets x 4-6 reps
- 2 **Pull-Ups (Assisted or Weighted):** 4 sets x 6-8 reps
- 3 **Overhead Dumbbell Press:** 4 sets x 6-8 reps
- 4 **Plank with Leg Lift:** 4 sets x 16 reps per leg
- 5 **Russian Twists (Weighted):** 4 sets x 20 reps

Friday: Full-Body Strength & Power

- 1 **Deadlift:** 5 sets x 4-6 reps
- 2 **Front Squat (Barbell or Dumbbell):** 4 sets x 6-8 reps
- 3 **Box Jumps / Split jump squats:** 4 sets x 10 reps
- 4 **Kettlebell Swings:** 4 sets x 15 reps
- 5 **Side Plank with Dumbbell Hold:** 3 sets x 30 seconds per side

Daily Macronutrient Guidelines

- » **Protein:** 1.6-2.2g per kg of body weight (essential for muscle repair and growth).
- » **Carbs:** 3-5g per kg of body weight (fuels workouts and recovery).
- » **Fats:** 20-30% of daily calories (supports hormone balance and energy).
- » **Hydration:** Aim for 2-3 liters of water daily.



SAMPLE MEAL PLAN: NON-VEGAN AND VEGAN OPTIONS

Breakfast (Pre-Workout Option)

- » 3 scrambled eggs on whole-grain toast
- » 1/2 avocado
- » 1 cup mixed berries
- » 1 scoop whey protein in almond milk
- » **Vegan:**
- » **Tofu Scramble** (1/2 block firm tofu, spinach, bell peppers, turmeric) on whole-grain toast
- » 1/2 avocado
- » 1 cup mixed berries
- » 1 scoop plant-based protein in almond or oat milk

Mid-Morning Snack

- » Greek yogurt with 1 tbsp peanut butter and sliced banana
- » Handful of almonds
- » **Vegan:**
- » Coconut yogurt (unsweetened) with 1 tbsp peanut butter and banana
- » Handful of almonds

Lunch

» Grilled chicken breast (150g), Tuna or Salmon

» 1 cup quinoa or brown rice

» 1 cup steamed broccoli

» Olive oil drizzle (1 tbsp)

» **Vegan:**

» **Chickpea Buddha Bowl:**

» 1 cup cooked quinoa or brown rice

» 1 cup roasted chickpeas

» 1 cup steamed broccoli

» 1 tbsp tahini dressing

Afternoon Snack (Post-Workout)

» Protein shake (1 scoop whey protein, 1 banana, almond milk)

» Rice cakes with 1 tbsp almond butter

» **Vegan:**

» Plant-based protein shake (1 scoop, banana, oat milk)

» Rice cakes with 1 tbsp almond butter

Dinner

- » Baked salmon (150g) or lean steak (150g)
- » 1 medium sweet potato (baked)
- » 1 cup sautéed spinach with garlic and olive oil
- » **Vegan:**
- » **Lentil and Sweet Potato Stew:**
- » 1 cup cooked lentils
- » 1 medium sweet potato
- » Sautéed spinach with garlic
- » 1 tbsp olive oil

Evening Snack (Optional)

- » Cottage cheese (1/2 cup) with a handful of blueberries
- » **Vegan:**
- » 1/2 cup coconut yogurt or almond yogurt with blueberries



WEEKLY GROCERY LIST

Protein Sources

- » **Non-Vegan:** Eggs, chicken breast, Tuna salmon, lean beef, Greek yogurt, whey protein, cottage cheese.
- » **Vegan:** Tofu, tempeh, chickpeas, lentils, black beans, seitan, edamame, quinoa, plant-based protein powder.

Carbohydrate Sources

- » Brown rice, quinoa, oats, sweet potatoes, whole-grain bread, whole-grain pasta, rice cakes, fruits (bananas, berries, apples).

Healthy Fat Sources

- » Avocados, almonds, chia seeds, flaxseeds, peanut butter, tahini, olive oil, walnuts.

Vegetables

- » Spinach, kale, broccoli, bell peppers, zucchini, asparagus, carrots, sweet potatoes.

Fruits

- » Bananas, berries (blueberries, strawberries), apples, oranges, grapes.

Download the 12Reps app today and start your 12-week journey to becoming stronger, more confident, and in control of your fitness. Your transformation begins now. Let's get started—Download Now! 