



INTRODUCTION TO THE 12REPS

8-WEEK TRAINING PROGRAM TO BUILD
LEG, GLUTES, AND ABS





UNLOCK YOUR BEST LEGS, GLUTES, AND ABS

Stronger, toned legs lifted glutes, and defined abs—your goals are clear, but traditional workouts often leave you wondering what truly works. At 12Reps, we get it, and we've created the perfect solution: an 8-week targeted training program to help you build strength, shape, and confidence in just three focused workouts per week.

Featuring expertly designed exercises and progression strategies, this program is your ultimate guide to achieving the results you've been dreaming of. Whether you're just starting or ready to level up your fitness game, this plan is tailored for YOU.

It's time to transform. Are you ready?

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.

Weekly Structure

- » **Monday:** Lower Body Strength (Legs & Glutes)
- » **Wednesday:** Core & Stability (Abs Focus)
- » **Friday:** Lower Body Power & Conditioning
- » **Optional Saturday/Sunday:** Core Burnout (Bodyweight & Mobility)



WEEKS 1-4: FOUNDATION PHASE

Monday: Lower Body Strength

- 1 **Barbell Back Squat:** 4 sets x 8-10 reps
» Focus on depth and glute engagement.
- 2 **Romanian Deadlift (Dumbbells or Barbell):** 4 sets x 8-10 reps
» Stretch hamstrings at the bottom, squeeze glutes at the top.
- 3 **Bulgarian Split Squat (Bodyweight or Weighted):** 4 sets x 8-10 reps per leg
- 4 **Glute Bridge (Weighted):** 4 sets x 10-12 reps
» Hold at the top for 2 seconds.
- 5 **Calf Raises (Single or Both Legs):** 4 sets x 12-15 reps

Wednesday: Core & Stability

- 1 **Plank Hold with Leg Lift:** 4 sets x 30 seconds per side
» Engage glutes and core throughout.
- 2 **Hanging Leg Raises or laying down knee tucks:** 4 sets x 10-12 reps
» Avoid swinging for better control.

- 3 **Russian Twists (Weighted):** 4 sets x 20 reps (10 each side)
» Focus on full rotation.
- 4 **Mountain Climbers:** 4 sets x 30 seconds
» Maintain a steady pace.
- 5 **Side Plank with Hip Dips:** 4 sets x 10 dips per side

Friday: Lower Body Power & Conditioning

- 1 **Walking Lunges (Weighted):** 4 sets x 10-12 steps per leg
- 2 **Step-Ups on Box (Weighted):** 4 sets x 8-10 reps per leg
» Drive through the heel for maximum glute activation.
- 3 **Sumo Deadlift (Barbell or Dumbbell):** 4 sets x 8-10 reps
- 4 **Jump Squats:** 4 sets x 15 reps
» Focus on explosive power.
- 5 **Side-Lying Clamshells (Resistance Band):** 4 sets x 12-15 reps per side

Optional Saturday/Sunday: Core Burnout

- 1 **Bicycle Crunches:** 3 sets x 20 reps (10 each side)
- 2 **V-Ups:** 3 sets x 12-15 reps
- 3 **Sumo Deadlift (Barbell or Dumbbell):** 4 sets x 8-10 reps
- 4 **Dead Bug:** 3 sets x 12 reps
» Maintain control throughout the movement.
- 5 **Seated Oblique Twists (Bodyweight or Band):** 3 sets x 20 reps



WEEKS 5-8: PROGRESSIVE OVERLOAD PHASE

Increase resistance and intensity while reducing rest time. Add supersets to intensify the workout.

Monday: Lower Body Strength

- 1 **Barbell Back Squat with Pause at Bottom:** 5sets x 6-8 reps
- 2 **Romanian Deadlift with Dumbbells:** 4 sets x 8 reps
- 3 **Bulgarian Split Squat Superset with Glute Bridge:** 4 sets x 8 reps per leg / 12 bridges
- 4 **Step-Up with Knee Drive (Weighted):** 4 sets x 10 reps per leg
- 5 **Standing Calf Raises (Weighted):** 4 sets x 15 reps

Wednesday: Core & Stability

- 1 **Plank with Arm Reach:** 4 sets x 30 seconds per side
- 2 **Weighted Side Plank with Hip Dips:** 3 sets x 10 dips per side
- 3 **Ab Rollouts (Wheel or Ball) or plank shoulder taps:** 3 sets x 12 reps
- 4 **Hanging Knee Tucks with Twist or Bicycle Crunches:** 3 sets x 10-12 reps
- 5 **Mountain Climbers Superset with Russian Twists:** 3 sets x 30 seconds / 20 twists

Friday: Lower Body Power & Conditioning

- 1 **Barbell Hip Thrust:** 5 sets x 8-10 reps
- 2 **Walking Lunges with Pulse (Weighted):** 4 sets x 10-12 reps per leg
- 3 **Jump Squats Superset with dumbbell Sumo Deadlifts:** 4 sets x 10 reps each
- 4 **Curtsy Lunge (Weighted):** 3 sets x 8-10 reps per leg
- 5 **Banded Glute Kickbacks:** 4 sets x 15 reps per leg

Optional Saturday/Sunday: Core Burnout

- 1 **Plank to Side Plank Rotations:** 4 sets x 10 reps per side
- 2 **Leg Raises with Hip Lift:** 4 sets x 10-12 reps
- 3 **Toe Touch Crunches:** 4 sets x 12-15 reps
- 4 **Scissor Kicks:** 3 sets x 30 seconds
- 5 **Bird Dog Hold:** 3 sets x 30 seconds per side

Key Notes for Success

- 1 **Progressive Overload:** Gradually increase weights or resistance bands each week.
- 2 **Rest Times:** 60-90 seconds between sets; reduce to 30 seconds in Week 8 for added intensity.
- 3 **Diet & Recovery:** Ensure adequate protein intake and prioritise rest to maximise results.
- 4 **Consistency:** Stick to the program and track progress to stay motivated.

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Building strength, toning your legs and glutes, and defining your abs isn't just about training, it's about fueling your body with the right nutrients. Achieving balance requires a strategic approach to macronutrients, hydration, and nutrient timing. Below is a detailed nutritional plan tailored to support your 8-week program:

Macronutrient Breakdown

- » **Protein:** 1.6–2.2 grams per kilogram of body weight per day
- » **Carbohydrates:** 3–5 grams per kilogram of body weight per day (adjust for energy needs)
- » **Fats:** 20–30% of total daily calories





SAMPLE DAILY MEAL PLAN

Pre-Workout (30–60 Minutes Before Training)

- » Greek yoghurt (150g) with a handful of berries
- » 1 slice of whole-grain toast with almond butter
- » Hydrate with 500ml of water

(Vegetarian-Friendly)

- » A banana with 1 tablespoon of peanut butter
- » Oatmeal (40g oats) with almond milk, topped with a sprinkle of cinnamon and chopped apples
- » 2 rice cakes with hummus and sliced cucumber

Post-Workout Meal (Within 1 Hour After Training)

- » Grilled chicken breast, Salmon or Tuna
- » Quinoa, sweet potato or Basmati rice (100–150g)
- » Steamed broccoli or spinach
- » 1 tablespoon olive oil

(Vegetarian-Friendly)

- » Grilled tofu or tempeh (120g) with a side of quinoa and roasted chickpeas
- » Lentil stew (1 cup) with a side of steamed spinach
- » Egg or chickpea scramble with roasted sweet potatoes

Breakfast

- » Scrambled eggs (3 eggs) with spinach and mushrooms
- » 1 slice of sourdough bread
- » 1 orange or kiwi

(Vegetarian-Friendly)

- » Greek yoghurt (200g) with granola and sliced banana
- » Whole-grain avocado toast topped with poached eggs
- » Vegan protein smoothie: almond milk, banana, spinach, peanut butter, and 1 scoop vegan protein powder
- » Chia seed pudding (made with almond milk) topped with berries

Mid-Morning Snack

- » Protein shake (25–30g protein) with water or almond milk
- » Handful of mixed nuts (20–30g)

(Vegetarian-Friendly)

- » 1 boiled egg with a small apple
- » Hummus (50g) with baby carrots or bell pepper slices
- » Edamame beans (100g) sprinkled with sea salt

Lunch

- » Grilled salmon (120–150g)
- » Brown rice (80–100g)
- » Roasted vegetables (courgette, peppers, asparagus)

(Vegetarian-Friendly)

- » Grilled halloumi (100g) with quinoa and roasted vegetables
- » Chickpea and spinach curry served with brown rice
- » Buddha bowl: brown rice, roasted sweet potatoes, black beans, avocado, and tahini drizzle
- » Lentil and vegetable soup with whole-grain bread

Afternoon Snack

- » Cottage cheese (100g) with cucumber slices
- » Rice cakes with almond butter

(Vegetarian-Friendly)

- » 1 whole-grain wrap with hummus, spinach, and grated carrots
- » A handful of trail mix (dried fruit, nuts, and seeds)
- » Vegan yoghurt (150g) with chia seeds and blueberries

Dinner

- » Lean turkey mince stir-fry with mixed vegetables (120–150g turkey)
- » Whole-grain noodles or brown pasta (80–100g)
- » Drizzle with sesame oil

(Vegetarian-Friendly)

- » Tofu or tempeh stir-fry with mixed vegetables and brown rice noodles
- » Stuffed bell peppers with quinoa, black beans, and diced tomatoes
- » Grilled veggie skewers (aubergine, courgette, peppers, onions) with whole-grain couscous
- » Cauliflower and chickpea curry with brown rice



Hydration

Drink at least 2–3 litres of water daily.

Supplement Suggestions

- » **Protein Powder:** For convenience and post-workout recovery.
- » **Omega-3:** For inflammation reduction and joint support.
- » **Vitamin D:** To support bone health and overall wellbeing.

Key Tips for Success

- 1 Meal Prep:**
Plan and prepare your meals in advance to avoid skipping or substituting with unhealthy options.
- 2 Focus on Whole Foods:**
Avoid processed foods and opt for nutrient-dense options like lean meats, whole grains, and fresh vegetables.
- 3 Listen to Your Body:**
Adjust your calorie intake based on progress and energy levels.
- 4 Stay Consistent:**
Nutrition is as important as your workouts—stick to the plan for optimal results.

[Click here to download the app now and get your 7 days free trial.](#)