

Built Strong

12-Week Full Body Training Program

Notes: The first set of each movement is for warming up and perfecting proper form. Your max weight can be found by performing the movement with as much weight as you can to achieve the number of reps WITHOUT sacrificing form. If your form suffers at the end of a set, decrease weight until proper form is regained. For each set, record the amount of weight lifted. Once you easily meet the required number of reps, you can begin increasing weight.

ALWAYS CONSULT A PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM. IF YOU FEEL UNUSUAL PAIN, SHORTNESS OF BREATH OR DIZZINESS, STOP AND CONSULT A PHYSICIAN.

LEGS (highest calorie day)	Set 1 (warm up)	Set 2	Set 3	Set 4	Set 5	My Notes
Back Squat (30-60 secs rest between sets)	12 reps @ empty barbell	8-10reps @ 50% of you max weight	8-10reps @ 50% of you max weight	8-10reps @ 100% max weight	-	
Stationary Barbell Lunge (30-60 secs between sets)	10reps each leg @ empty barbell (20 total lunges)	6-8 reps each leg @ 10% of your max weight (12-16 total lunges)	6-8 reps each leg @ 10% of your max weight (12-16 total lunges)	6-8 reps each leg @ 10% of your max weight (12-16 total lunges)	10reps each leg @ empty barbell (20 total lunges)	
Leg Press (30-60 secs rest between sets)	15reps @ 50% of max weight	10 reps @ 100% of your max weight	10 reps @ 100% of your max weight	10 reps @ 100% of your max weight	50% of max weight to fatigue	
Romanian Deadlift	8-10reps @ 10% of your max weight	8-10reps @ 50% of your max weight	8-10reps @ 100% of your max weight	6-8reps @ 100% of your max weight	-	
Hamstring Curl	15reps @ 50% of max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight	50% of your max weight to fatigue	
ARMS	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

Close Grip Chest Press (with EZ bar)	15reps @ empty EZ bar	8-10reps @ 50% of your max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight		
Triceps pull downs	15reps @ 50% of max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight		
Barbell Tricep Extensions	15reps @ 50% of max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight		
Dumbell Bicep Curls	8-10reps @ 100% of you max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight			
EZ bar curls	15reps @ 50% of max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight	50% of your max weight to fatigue		
SHOULDERS	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Arnold Presses	10reps @ 50% of max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight		
Dumbell Lateral Raises	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight			
Front Shoulder Raises	8-10reps(each arm) @ 100% of your max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight			

Landmine Presses	8-10reps(each arm) @ 100% of you max weight	8-10reps(each arm) @ 100% of your max weight	8-10reps(each arm) @ 100% of your max weight			
Bent over lateral raise	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight			
BACK	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Wide Grip lat pull down	15reps @ 50% of max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight	15reps @ 50% of max weight	
Close Grip Lat Pull Down	15reps @ 50% of max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight	15reps @ 50% of max weight	
Straight arm pull down	15reps @ 50% of max weight	8-10reps @ 100% of you max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight		
Seated row	15reps @ 50% of max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight		
Bent over row	10reps (each arm)@ 50% of max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight	8-10reps @ 100% of your max weight		
Barbell Good Mornings	15 reps @ empty barbell	15 reps @ empty barbell	15 reps @ empty barbell	15 reps @ empty barbell		

Chest/Abs	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Inclined Chest Press	15reps @ 50% of max weight	8-10reps @ 100% of you max weight	8-10reps @ 100% of you max weight	8-10reps @ 100% of you max weight		
Cable Flys (High)	8-10reps @ 100% of you max weight	8-10reps @ 100% of you max weight	8-10reps @ 100% of you max weight			
Cable Flys (low)	8-10reps @ 100% of you max weight	8-10reps @ 100% of you max weight	8-10reps @ 100% of you max weight			
Push Ups	1 set to fatigue					
Declined Crunch(Abs will be a super set. 60 sec rest between super sets)	10	10	10			Note: a super set is when you perform one set of each movement in a row. (10 crunches, 15 v-ups, 20 twists, rest)
V-ups	15	15	15			
Seated Russian Twist with Medicine Ball	20(10 each side)	20	20			

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