

12-Week Women's Workout Plan (Beginner)

Point	Summary
Main Goal	Fat Loss, Glute Development, Lean Muscle Building & Body Toning
Workout Type	Strength Training + Hypertrophy + Cardio
Training Level	Beginner to Intermediate
Program Duration	12 Weeks
Training Frequency	5 Days/Week + 2 Active Recovery Days
Workout Duration	60-90 Minutes
Equipment Required	Barbell, Dumbbells, Bench, Squat Rack, Smith Machine, Cable Machine, Lat Pulldown, Seated Row Machine, Chest Fly Machine, Leg Extension Machine, Stationary Bike, Stairmill, Treadmill, Rower, Exercise Mat
Target Muscle Groups	Glutes, Quadriceps, Hamstrings, Calves, Chest, Back, Shoulders, Biceps, Triceps & Core
Target Gender	Women
Training Split	Lower Body (3 Days) + Upper Body (2 Days) + Optional Abs + Cardio
Primary Focus	Build Lean Muscle, Shape Glutes, Increase Strength, Burn Body Fat & Improve Overall Fitness

Monday – Legs & Glutes	
Exercise	Sets / Reps
Squat	3–4 × 6–12
Dumbbell Lunge	2–3 × 12–15
Dumbbell Step Up	2–3 × 12–15
Barbell Hip Thrust	3 × 6–12
Glute Cable Kickback	2–3 × 12–15
Cardio	15 min HIIT on Stationary Bike

Tuesday – Back & Arms	
Exercise	Sets / Reps
Pull Downs	3–4 × 6–12
One Arm Dumbbell Row	2–3 × 12–15
Seated Cable Row	2–3 × 12–15
Dumbbell Curl	3 × 12
Tricep Overhead Extension	3 × 12
Cable Curl	3 × 15
Cable Pressdown	3 × 15
Cardio	30 min Moderate Stairmill

Wednesday – Legs & Glutes	
Exercise	Sets / Reps
Goblet Squat	3–4 × 6–12
Romanian Deadlift	2–3 × 12–15
DB Stiff Leg Deadlift	2–3 × 12–15
Smith Sumo Squat	3 × 6–12
Glute Kickback	3 × 15
Cardio	30 min Low Intensity Treadmill

Thursday – Chest & Shoulders	
Exercise	Sets / Reps
DB Bench Press	3-4 × 6-12
Incline DB Press	2-3 × 12-15
Machine Chest Fly	2-3 × 12-15
Seated DB Press	3-4 × 6-12
Lateral Raise	2-3 × 12-15
Cardio	15 min HIIT Rower/Bike

Friday – Legs & Arms	
Exercise	Sets / Reps
Deadlift	3-4 × 6-12
Good Mornings	2-3 × 12-15
Leg Extension	2-3 × 12-15
Incline DB Curl	3 × 12
Incline Skullcrusher	3 × 12
Cardio	30 min Moderate Stairmill

Weekend – Active Recovery	
Exercise	Sets / Reps
Recovery Walk	20-45 min
Optional Ab Workout	Yes
Mobility & Stretching	10-15 min

Optional Ab Workout	
Exercise	Sets / Reps
Plank	3 × 20 sec
Lying Leg Raise	3 × 10
Crunches	3 × 20
Side Crunches	2 × 15 each side

NUTRITION, PROGRESS & RESULTS

How to Get the Best Results

Nutrition & Recovery

- Sleep: **7–9 hours** per night
- Eat enough calories to support your goal
- **Fat Loss:** -250 calories
- **Underweight:** +250 calories

Track Your Progress

- Progress photos
- Body weight
- Tape measurements
- Track every **4–6 weeks**

Progression Strategy

- Increase weights gradually **OR**
- Increase reps/sets weekly
- Improve at least one variable every week

After 12 Weeks

- Take **1 deload week**
- Repeat the program or move to a new phase
- Come back stronger & refreshed

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