

12 WEEK

GYM

PROGRAM

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A few rules before you start this program.....

Do not be afraid or intimidated by any men or females in the gym. Everyone must start somewhere, and as you become more confident with the program and moves then you will realise that most of those who appear to be experts in the gym, have shocking technique.

Watch the moves in the video library. When I first started lifting weights I took my phone into the gym. It was to ensure that I kept to the right rest period, but also so could sneakily watch a YouTube video on a move if need be. Any problems then email me, and I shall reply on a Sunday. I mean this, I am very passionate about women lifting weights and the benefits that it has to us. You won't become a hulk, grow a beard or start talking in a deep voice.

Cardio is still important, sorry but you aren't training to become a body builder. This program is to define you and give you a toned body.

This should be uncomfortable. So, if I say 8-12 reps then by 6-8 you should be struggling and want to stop, but don't.

Have fun and don't be too serious.

Grab a friend to train with you, it's more fun.

I have written this program as simple as I can. Tempo is the speed that you do the move, yep you shall see big men flinging weights about at a fast speed. This isn't correct and rather dangerous, don't tell them although, they possibly won't listen. If I put 3111 then it means 3 seconds down, hesitate for a second, take a second to push back up, hesitate for a second. Time under tension is what is important when it comes to a weight program, so take your time.

Now, what weights do I lift. I can't tell you this as every person is different. Try a set of 12 reps with a lower weight first (until you become more confident) now if you are managing 12 easily then this isn't doing you any good. You need to put that weight down and lift the next one. Once you have found a weight that is achievable but still heavy then that is your weight. I would advise you to take note of this weight as you will forget the next time you go into the gym.

Most importantly, every time that you go into do this program you have to change something slightly Our bodies are very intelligent and doing the same thing, shall get the same results. So, increase the weight, or slow the tempo down, swap the exercises about maybe, or decrease your rest period. Challenge yourself and again, you need advice then please ask. Give this a few weeks and you will enjoy it.

Ask for help if you need it. Gym Instructors have phenomenal experience and if you can find someone passionate about the Industry then keep a hold of them. Ask for their advice and get them to watch your technique. Also, if a specific machine isn't available in the gym, then there will almost always, be a free weight alternative.

Lastly, I have added a short cardio session onto each plan which will take the program over 45 minutes. Cardio is important as in my opinion, must be incorporated into any health program. However, as busy people we sometimes struggle with time at the gym therefore, I have a few HIIT sessions that you can do at home 2-3 times a week and they will take 15 minutes out your day. If you have time and can get away from the home, then complete the machine ones on the program.

ENJOY

Alison

Click the [Blue Hyperlinks](#) below of the Exercises to watch a video demo of how to perform the movement.

Week 1-6

Session One

- A) [Squats](#) (free rack)
If new, bar initially then add on some weight.
Tempo: 3 1 1 1 (3 seconds down, 1 second at the bottom and hesitate, 1 second to get back at the top and then weight a second before you start the second squat)
4 x 12-15 reps (Again, if new, this means that you do 12-15 reps then give yourself 60-90 seconds rest then do another 12-15 reps and so on until you have done 4 full sets.
90 seconds rest period
- B) [Romanian Deadlift](#)
Bar and add on the weight to get the correct weight for you.
Tempo 4 0 1 1 (4 seconds down, no rest, straight up and hesitate for a second..... repeat) use dumbbells or barbell
4 x 8-12 reps
90 seconds rest
- C) [Sumo Deadlifts](#) (overhand or mixed grip)
Tempo 1 1 3 3
1 x warm up (lighter weight)
4 x 8-12 reps
90 seconds rest
- D) Heavy [Kettlebell Swings](#). Practice with a lighter weight initially possibly a 12kg then when you have the technique correct then increase the weight.
4 x 15 swings with a 60 second rest.
- E) Dumbbell [Walking Lunges](#) (5-8kg) Initially do body weight unless you have been doing lunges for a while.
3 x 15-20 each leg. Knee low but not touching floor and push up from the front heel. Push up through the front heel to activate the butt. Arms and shoulders will also hurt with the dumbbells but that's why this is good. You can also use 2 x 5kg plates to hold if you wish and progress to 10kg weights.
Concentrate on the bum and back of thigh. Lunge isn't about the front quad.

Cardio: treadmill

15-minute fast walk on a high incline. At least 4-5 on the incline. Hand off the rail and use the arms. 2 minutes warm up prior to increasing the incline.

Session Two

- A) [Barbell Shoulder Press](#) (60 seconds rest)
Tempo 1 0 3 0
1 x warm up
3 x 8-12 reps
60 seconds rest
- B) Superset, this means no rest between the two exercises.
Tempo, singles (do not swing, take your time)
[Front Raise](#) 4 x 8-10 DB
[Side Raise](#) 4 x 8-10 DB
Complete both exercises back to back without any rest. Then rest 60 seconds before commencing again.
- C) Upright Rows Barbell
Tempo 1 1 3 0
4 x 8-12 reps
60 seconds rest
- D) [Dumbbell Chest Press](#)
Tempo: 3 1 1 1
1 x warm up
3 x 8-12 reps
60 seconds rest
- E) Proper Chest [Press Up](#), shoulders in line with elbow and chest to floor. Lift head.
Tempo 3 0 1 1
4 x failure with a 90 second rest
<https://youtu.be/bJ3Ogh5mFE4>

Cardio: Bike

Warm up 3-5 minutes. Hill sprint. Start sitting and add up resistance every minute. When you can't go fast sitting down then stand up and go fast with resistance on. Have a sweat on for 15-20 minutes then cool down.

Session 3

A) [Inverted Rows](#)

Tempo 1 1 3 1

4 x failure

60 seconds rest

B) [Straight arm pull downs](#) (cable)

Tempo 1 1 3 1

4 x 8-12

60 seconds rest

C) Dips preferably on a [dips machine](#), if no machine then off two [benches](#) and a 5-10kg weight on your knees

4 x failure with a 90 seconds rest

D) [Dumbbell Kickbacks](#)

Tempo: 2 1 2 1

4 x 8-12 left and right

60 seconds rest

E) [Lat Pull Down](#)

4 x 8-12

Tempo: 4 1 4 0

60 seconds rest

Cardio: Bike

Warm up 3-5 minutes. Serial Killer escape with resistance on the bike. For 40 seconds sprint like your life depended on it, then relax for 20 seconds. So, this 10 times then cool down for 2-3 minutes.

Session 4

- A) [Bicep Curl](#)
Tempo 2 1 3 1
4 x 12-15 reps
60 seconds rest

- B) [Bicep 21](#)
Tempo 1 1 1 1 for bottom and top halves.
Tempo 1 1 4 1 for the full curl
4 x full 21 move
60 seconds rest

- C) Dumbbell Shoulder Press
Tempo 1 1 3 1
4 x 8-12 reps
60 seconds rest period between sets.

- D) Side Raises
Tempo 1 1 3 1
4 x 8-12 reps
60 seconds rest

- E) Front Raises
Tempo 1 1 3 1
4 x 8-12 reps
60 seconds rest

Cardio: Kettlebell swings either 12-16kg

Set a timer for 1-minute work and 0 rest. This is going to be a 15-minute workout. Every minute you will swing the kettlebell 20 time, then rest until the 2nd minute starts and so on. If it takes you 40 seconds to swing, then you get 20 seconds rest.

Additional Cardio that can be done at home

If you are struggling to complete your short cardio at the gym, then these options are open for you to complete at home.

A) HIIT session

Download a TABATA timer to your phone or devise. This workload shall be 20 seconds work and 10 seconds rest. Each exercise shall be complete 8 times then you can rest 90-120 seconds. Work hard on the 20 seconds and ensure you need that rest at the end of each set.

Set 1: Jump Squats (8 times then rest)

Set 2: Burpees

Set 3: Jumping Jacks

B) As many reps as possible in a minute.

Each move is to be completed for a minute then a 20 second rest between moves. Download a timer!

Move 1: Squat Jumps

Move 2: Press Ups

Move 3: Burpees

Move 4: Sprint on the spot

Move 5: Mountain Climbers

Rest for a minute then repeat 2 more times

Week 7-12

The next 6 weeks the program is going to change slightly, more advanced and again, ask if you need help. A good explanation of what is required is below.

How to progress on this program: on the first exercise on each training day you will have a set number of repetitions for 3 sets. You also have the same exercise typed below your first exercise of 3 x sets with AMRAP written. AMRAP stands for "as many reps as possible" and this set should be taken to ultimate failure (where you can do no more, not even lift the weight). If you can beat/fail the allocated reps that I have set for AMRAP then you should add/subtract weight accordingly the next time you do the program. e.g. If you did bench press last week and did 10 reps, 10 reps, 10 reps the following week try and do 10 reps, 10 reps, 11 reps.

AMRAP key for 10 reps. If you achieve 0-3reps on your AMRAP then reduce weights lifted on your next session by 2.5kg-5kg. If you achieve 4-7 reps on your AMRAP then reduce the weight lifted on your next session by 0kg-2.5kg. If you achieve 8-12 reps on your AMRAP then stay the same weight. 13-17 reps on the AMRAP then increase your weight by +2.5kg. 17+ reps increase the weight by +5-7.5kg.

When doing weights, you must contract the muscle your using. If you're doing your chest then push through the heels of your hand to activate the chest. Back exercises then almost pull the shoulders back to activate the back. The body is very intelligent, and it will use the biggest strongest muscle to take the strain, so you need to concentrate and try and ignite the smaller muscles for definition. It will work but it may take time. Medium weight and take your time. Tempo should generally be slow and controlled and as the first six weeks, it is written alongside each individual exercise. Don't think 15 reps aaaahhhhhh get them done quick. Think 15 reps right slow, I'll get to 8 then if I need to rest for a few seconds I will.

Gym Session 1: Upper Push

- A) Incline Dumbbell Chest Press.
Tempo: 3110
3 sets 10 (all 3 sets completed at the same weight)
AMRAP 1 x 10 (using the same weight as above and the same TEMPO)
90 seconds rest
- B) [Chest Press Machine](#)
Tempo: 3 1 1 1
3 x 12-15 reps
60 seconds rest
- C) Seated Dumbbell Shoulder Press
Tempo: 1 1 3 0
3 x 10-12 reps
60 seconds rest
- D) Standing Lateral Raise. No swinging
Tempo: 2 1 2 1
3 x 12-15 reps
60 seconds rest
- E) [Machine Rear Delts](#)
Tempo: 1 1 3 1
3 x 15-20
Squeeze at the top of the movement.
60 seconds rest
<https://youtu.be/XagV4XfG9fo>
- F) [Rope triceps press down](#)
Tempo: 1 1 3 0
3 x 12-15 reps
60 seconds rest
<https://www.bodybuilding.com/exercises/triceps-pushdown-rope-attachment>

Cardio Session: Treadmill

15 min incline hill climb on the treadmill. Don't hold onto the railings. Fast walk and a heavy incline. Your calves may hurt with this. I'd also expect lots of sweat, very quickly.

Gym session 2: Lower Body Hypertrophy

- A) Romanian Deadlifts
Tempo: 4 1 1 1
3 sets 10 (all 3 sets completed at the same weight)
AMRAP 1 x 10 (using the same weight as above)
90 seconds rest

- B) [Barbell Glute Bridge](#) (from the floor not off a bench)
Tempo: 1 2 3 0
4 x 10-12 reps.
60 seconds rest

- C) [Leg Curls](#)
Tempo: 3 1 3 1
3 x 12-15 reps
60 seconds rest

- D) [Leg Extensions](#)
Tempo: 1 2 3 0
3 x 15-20 reps
60 seconds rest

- E) [Calf Raise off leg press](#)
Tempo: 1 2 3 1
3 x 15-20
60 seconds rest
<https://www.bodybuilding.com/exercises/standing-dumbbell-calf-raise>

Cardio Session: Bike

Warm up 3-5 minutes. Steady seated hill climb increasing your resistance every minute until the bike is heavy then slowly reduce. Heart rate should be up, sweating and this should be hard. 10 minutes.

Gym Session 3: Upper Strength.

A) [Flat Barbell Bench Press](#)

Tempo: 3 1 1 1

3 x 6 reps (all 3 sets completed at the same weight)

AMRAP 1 x 6 (using the same weight as above)

90 seconds rest

B) Incline Dumbbell Chest Press

Tempo: 1 1 3 1

3 x 6-8 reps

60 seconds rest

C) [Single Arm Dumbbell row](#)

Tempo: 1 1 3 1

3 x 8-10 reps

60 seconds rest

D) [Standing Military Press](#)

Tempo: 1 1 3 1

4 x 6-8 reps

60 seconds

E) Rope Triceps Press Down

Tempo: 1 1 3 1

3 x 10-12 reps

60 seconds rest

F) [Hanging Leg Raises](#)

4 x failure

2 minutes rest

Cardio Session: power bag

Jump squats with power bag on your shoulders. 20 reps with a 1 min rest x 5

Session 4: Push/Pull Hypertrophy.

A) Seated Dumbbell Shoulder Press

Tempo: 1 1 3 1

3 x 10 reps

AMRAP 1 x 10

All using the same weight.

90 seconds rest

B) [Barbell Bent Over Row](#)

Tempo: 1 1 4 1

3 x 12-15 reps

60 seconds rest

C) [Underhand grip lat Pulldown](#)

Tempo: 3 1 1 1

3 x 12-15 reps

Tempo: 1 1 3 1

60 seconds rest

D) [Dumbbell reverse fly](#)

Tempo: 1 2 3 1

3 x 12-15 reps

60 seconds rest

E) Seated Lateral Raises

Tempo: 1 1 3 1

3 x 12-15 reps

60 seconds rest

F) Barbell Bicep Curl (2 minutes rest)

Tempo: 1 1 3 1

3 x 12-15 reps

60 seconds rest

Cardio Session: Small Plyro table

10 box jumps, 40 toe taps (left right counts as one so technically 80) rest 30 seconds and repeat 4 times.

Additional Sessions

Four sessions in the gym and if you don't have time to do the cardio then you need to do something in the house when you get home. If you haven't already then download a Tabata timer. Do one session of jump squats (4 mins) then press ups (4 mins). Weights are fab, but it isn't the secret recipe to lose weight. You still need a bit of cardio whether it be high or low intensity.