



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## BODY METAMORPHOSIS: 12 WEEK TRANSFORMATION WORKOUT

If you're looking to completely transform your physique, we've got the perfect workout for you! This program combines 3 types of training for max results!

Link to Workout: <https://www.muscleanstrength.com/workouts/12-week-total-transformation-workout>

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Program Duration:** 12 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 30 - 75 Mins

**Equipment:** Barbell, Bodyweight,

Cables, Dumbbells, EZ Bar,

Machines

**Target Gender:** Male & Female

**Author:** Roger "Rock" Lockridge

### Weeks 1, 4, 7, 10 Workouts

#### Monday: Chest, Side Delts, Triceps

Exercise	Sets	Reps
<a href="#">Barbell Bench Press</a>	3	5
<a href="#">Incline Dumbbell Press</a>	4	6
<a href="#">Single Arm Dumbbell Lateral Raise</a>	3	8
<a href="#">Cable Lateral Raise</a>	3	8
<a href="#">2 Arm Overhead Dumbbell Extension</a>	3	8
<a href="#">Close Grip Pressdown</a>	3	10

#### Wednesday: Back, Rear Delts, Biceps

Exercise	Sets	Reps
<a href="#">Pendlay Barbell Row</a>	3	5
<a href="#">Close Grip Pullup</a>	4	6
<a href="#">Incline Bench Rear Delt Fly</a>	3	8
<a href="#">Upright Row</a>	3	8
<a href="#">Hammer Dumbbell Curl</a>	3	8
<a href="#">Machine Curl</a>	3	10

#### Friday: Legs and Abs

Exercise	Sets	Reps
<a href="#">Squat</a>	3	5
<a href="#">Single Leg Press</a>	4	6
<a href="#">Stiff-Legged Deadlift</a>	3	8
<a href="#">Standing Leg Curl</a>	3	8
<a href="#">Seated Calf Raise</a>	3	10
<a href="#">Crunches</a>	3	10
<a href="#">Hanging Leg Raise</a>	3	10

### Weeks 2, 5, 8, 11 Workouts

#### Monday: Chest and Side Delts

Exercise	Sets	Reps
<a href="#">Incline Smith Machine Press</a>	3	12, 10, 8
<a href="#">Dumbbell Fly</a>	3	8, 10, 12
<a href="#">Pec Dec</a>	3	10
<a href="#">Seated Lateral Raise</a>	3	10
<a href="#">Machine Lateral Raise</a>	3	12

#### Tuesday: Back and Rear Delts

Exercise	Sets	Reps
<a href="#">Bent Over Barbell Row</a>	3	12, 10, 8
<a href="#">One Arm Dumbbell Row</a>	3	8, 10, 12
<a href="#">Dumbbell Pullover</a>	3	10
<a href="#">Bent Over Rear Lateral Raise</a>	3	10
<a href="#">Y Raise</a>	3	12

#### Thursday: Arms and Abs

Exercise	Sets	Reps
<a href="#">EZ Bar Curl</a>	3	12, 10, 8
<a href="#">Incline Dumbbell Curl</a>	3	8, 10, 12
<a href="#">Close Grip Bench Press</a>	3	12, 10, 8
<a href="#">Single Arm Pressdown</a>	3	8, 10, 12
<a href="#">Weighted Delcine Situp</a>	3	12
<a href="#">Lying Leg Raise</a>	3	12

#### Friday: Legs

Exercise	Sets	Reps
<a href="#">Front Squat</a>	3	12, 10, 8
<a href="#">Single Leg Extension</a>	3	8, 10, 12
<a href="#">Walking Lunge</a>	3	10
<a href="#">Standing Leg Curl</a>	3	10
<a href="#">Calf Press</a>	3	12

### Weeks 3, 6, 9, 12 Workouts

#### Monday: Chest and Back

Exercise	Sets	Reps
A1. <a href="#">Incline Bench Press</a>	3	10
A2. <a href="#">Pull Ups</a>	3	10
B1. <a href="#">Dumbbell Bench Press</a>	3	12
B2. <a href="#">2 Arm Dumbbell Row</a>	3	12
C1. <a href="#">Cable Crossover</a>	3	15
C2. <a href="#">Wide Lat Pulldown</a>	3	15

#### Wednesday: Shoulders and Abs

Exercise	Sets	Reps
A1. <a href="#">Machine Shoulder Press</a>	3	12
A2. <a href="#">Lateral Raise</a>	3	12
A3. <a href="#">Bent Over Lateral Raise</a>	3	12
B1. Ab Crunch Machine	3	15
B2. Reverse Crunch	3	15
B3. <a href="#">Bicycle Crunch</a>	3	15

#### Thursday: Biceps and Triceps

Exercise	Sets	Reps
A1. <a href="#">Barbell Curl</a>	3	10
A2. <a href="#">Lying Tricep Extension</a>	3	10
B1. <a href="#">Seated Dumbbell Curl</a>	3	12
B2. <a href="#">2 Arm Dumbbell Kickback</a>	3	12
C1. <a href="#">Cable Bar Curl</a>	3	20
C2. <a href="#">Rope Pressdown</a>	3	20

#### Friday: Legs

Exercise	Sets	Reps
A1. <a href="#">Goblet Squat</a>	3	15
A2. <a href="#">Leg Extension</a>	3	15
B1. <a href="#">Romanian Deadlift</a>	3	15
B2. <a href="#">Seated Leg Curl</a>	3	15
<a href="#">Leg Press</a>	4	25
C1. <a href="#">Seated Calf Raise</a>	3	20
C2. <a href="#">Standing Calf Raise</a>	3	20