

Beginner - Intermediate Strength + Conditioning

A 12 Week Program



beSTRONG

This 12-week guide will
strengthen your whole body.

All it takes is 20-30min
3 x per week

Strength training can aid in injury prevention,
improve performance and longevity.

It's a progressive program.
This means that it's designed to help you build
strength and resilience over time!

Week 1-4 are similar so you can easily track your
progress. Look out for some changes that are
programmed to challenge you as you
move through the 12 weeks.

Equipment Required: A set of Dumbbells/ Bands at
Home or Access to a Gym

beSTRONG

Week 1

Exercise

click the exercise for a movement demonstration

Day 1 - Upper Body

Exercise	Sets	Reps	Complete?
DB Bench Press	3	10	
Single Arm DB Row	3	10 per side	
Banded Pull Down	3	10	
Seated Rear Delt Raise	3	10	
Dead Bug	3	16 alternating	

Day 2 - Lower Body

Exercise	Sets	Reps	Complete?
Wall Sit	3	Max Effort	
Good Morning	3	10	
Lunges	3	20 alternating	
Calf Raises	3	10-20	
Forearm Plank	3	30-60 sec	

Day 3 - Circuit

AMRAP
(as many rounds
as possible)

10 minutes

[6 x DB Deadlift](#)
[16 x Shoulder Taps](#)
[10 x Mountain
Climbers](#)
[20 x Bicycle Crunch](#)

Score:

Week 2

Exercise

click the exercise for a movement demonstration

Day 1 - Upper Body

Exercise	Sets	Reps	Complete?
Half Kneeling KB Windmill	3	10 per side	
Renegade Row	3	10 per side	
Bicep Curls	3	10 per side	
Tricep Kickbacks	3	10 per side	
Half Kneeling Pallof Press	3	10 per side	

Day 2 - Lower Body

Exercise	Sets	Reps	Complete?
Walking Lunge	3	16	
Hamstring Walkouts	3	10	
Step Ups	3	16 alternating	
Lateral Lunge	3	10 per side	
Bird Dog	3	16 alternating	

Day 3 - Circuit

AMRAP (as many rounds as possible)	10 minutes	6 x Push Ups 8 x Sit Ups 10 x Glute Bridge 12 x Russian Twist	Score:
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Week 3

Exercise

click the exercise for a movement demonstration

Day 1 - Upper Body

Exercise	Sets	Reps	Complete?
Half Kneeling Single Arm DB Press	3	8 per side	
Low Banded Row	3	10 per side	
Lateral Raise	3	8	
Superman Hold	3	5-10 sec	
Leg Raise	3	10	

Day 2 - Lower Body

Exercise	Sets	Reps	Complete?
Goblet Squat	3	10	
Single Leg RDL	3	8 per side	
Farmer Carry	3	25 feet	
DB Box Step Up	3	10 alternating	
Weighted Dead Bug	3	10	

Day 3 - Circuit

			Complete?
EMOM (every minute on the minute)	40seconds work: 20seconds rest x 16 Rounds Alternate between exercises	Left Side Lunge Right Side Lunge Left Side Plank Right Side Plank	

Week 4

Exercise

click the exercise for a movement demonstration

Day 1 - Upper Body

Exercise	Sets	Reps	Complete?
Incline DB Bench Press	3	10	
Dual DB Bent Over Row	3	10	
Banded Pull Aparts	3	15	
Active Bear Hold	3	10-30sec	

Day 2 - Lower Body

Exercise	Sets	Reps	Complete?
Bodyweight Leg Extension	3	10	
Split Squat	3	8 per side	
3 Way Calf Raise	3	15 - 5 each way	
Weighted Sit Up	3	10	

Day 3 - Circuit

AMRAP (as many rounds as possible)	10 minutes	5 x Burpees 10 x Air Squat 20 x Ground to Sky Jump	Score:
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Week 5

Exercise

click the exercise for a movement demonstration

Day 1 - Upper Body

Exercise	Sets	Reps	Complete?
DB Bench Press	3	10	
Single Arm DB Row	3	10 per side	
Banded Pull Down	3	10	
Seated Rear Delt Raise	3	10	
Weighted Dead Bug	3	16 alternating	

Day 2 - Lower Body

Exercise	Sets	Reps	Complete?
Wall Sit - add weight	3	Max Effort	
Goblet Good Morning	3	10	
Lunges - add weight	3	20 alternating	
Calf Raises - single leg	3	10-20 per side	
Forearm Plank	3	45-90 sec	

Day 3 - Circuit

			Complete?
TABATA	Complete 8	Ground to Sky	
8 x	Rounds (4min)	Jump	
20sec on:10sec off	of each exercise.	Wall Sit	
		Hollow Hold	
		Walking Lunge	

Week 6

Exercise

click the exercise for a movement demonstration

Day 1 - Upper Body

Exercise	Sets	Reps	Complete?
Half Kneeling KB Windmill	3	12 per side	
Renegade Row	3	10 per side	
Bicep Curls	3	12 per side	
Tricep Kickbacks	3	10 per side	
Half Kneeling Pallof Press	3	10 per side	

Day 2 - Lower Body

Exercise	Sets	Reps	Complete?
Walking Lunge - add weight	3	20	
Hamstring Walkouts	3	15	
Step Ups - add weights	3	16 alternating	
Lateral Lunge - add weights	3	10+10	
Bird Dog	3	16 alternating	

Day 3 - Circuit

			Complete?
Every 3mins x 5	Complete the work and then rest the remainder of the 3mins	40 High Knee Skips 8(per side) single arm DB Deadlift 8(per side) DB Push Press	

Week 7

Exercise

click the exercise for a movement demonstration

Day 1 - Upper Body

Exercise	Sets	Reps	Complete?
<u>Half Kneeling Single Arm DB Press</u>	3	8 per side	
<u>Low Banded Row</u>	3	10 per side	
<u>Lateral Raise</u>	3	10	
<u>Superman Hold</u>	3	10- 20 sec	
<u>Leg Raise</u>	3	15	

Day 2 - Lower Body

Exercise	Sets	Reps	Complete?
<u>Goblet Squat</u>	3	12	
<u>Single Leg RDL</u>	3	10 per side	
<u>Farmer Carry</u>	3	50 feet	
<u>DB Box Step Up</u>	3	16 alternating	
<u>Weighted Dead Bug</u>	3	20 alternating	

Day 3 - Circuit

5 Rounds
3min on:
1min rest

AMRAP of the
listed exercises in
the 3mins.

20 x Goodmorning

10 per side x Side
Plank Clamshells

20 x Mountain
Climbers

Complete?

Week 8

Exercise

click the exercise for a movement demonstration

Day 1 - Upper Body

Exercise	Sets	Reps	Complete?
Incline DB Bench Press	3	10	
Dual DB Bent Over Row	3	10	
Banded Pull Aparts	3	20	
Active Bear Hold	3	20-45 sec	

Day 2 - Lower Body

Exercise	Sets	Reps	Complete?
Body Weight Leg Extension	3	16	
Split Squat	3	12 per side	
3 Way Calf Raise	3	24 - 8 each way	
Weighted Sit Up	3	15	

Day 3 - Circuit

AMRAP (as many rounds as possible)	10 minutes	20 x Air Squats 10 Burpees
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Score:

Week 9

Exercise

click the exercise for a movement demonstration

Day 1 - Upper Body

Exercise	Sets	Reps	Complete?
DB Bench Press	3	12	
Single Arm DB Row	3	10 per side	
Banded Pull Down	3	10	
Seated Rear Delt Raise	3	10	
Dead Bug	3	20 alternating	

Day 2 - Lower Body

Exercise	Sets	Reps	Complete?
Wall Sit	3	Max Effort	
Goblet Good Morning	3	12	
Lunges - with weight	3	20 alternating	
Calf Raises - add weight	3	10-20	
Forearm Plank	3	max effort	

Day 3 - Circuit

			Complete?
AMRAP (as many rounds as possible)	15 minutes	6 x DB Deadlift 16 x Shoulder Taps 10 x Mountain Climbers 20 Bicycle Crunch	

Week 10

Exercise

click the exercise for a movement demonstration

Day 1 - Upper Body

Exercise	Sets	Reps	Complete?
Half Kneeling KB Windmill	3	12 per side	
Renegade Row	3	10 per side	
Bicep Curls	3	12 per side	
Tricep Kickbacks	3	12 per side	
Half Kneeling Pallof Press	3	12 per side	

Day 2 - Lower Body

Exercise	Sets	Reps	Complete?
Walking Lunge	3	20	
Hamstring Walkouts	3	20	
Step Ups add weight	3	16 alternating	
Lateral Lunge add weight	3	10+10	
Bird Dog	3	20 alternating	

Day 3 - Circuit

			Complete?
AMRAP (as many rounds as possible)	15 minutes	6 x Push Ups 8 x Sit Ups 10 x Glute Bridge 12 x Russian Twist	

Week 11

Exercise

click the exercise for a movement demonstration

Day 1 - Upper Body

Exercise	Sets	Reps	Complete?
Half Kneeling Single Arm DB Press	3	10 per side	
Low Banded Row	3	15	
Lateral Raise	3	10	
Superman Hold	3	20-30 sec	
Leg Raise	3	15	

Day 2 - Lower Body

Exercise	Sets	Reps	Complete?
Goblet Squat	3	12	
Single Leg RDL	3	12 per side	
Farmer Carry	3	50 feet	
DB Box Step Up	3	16 alternating	
Weighted Dead Bug	3	20 alternating	

Day 3 - Circuit

			Complete?
AMRAP (as many rounds as possible)	15 minutes	5 x Push Ups 10 Squats 15 Tricep Dips	

Week 12

Exercise

click the exercise for a movement demonstration

Day 1 - Upper Body

Exercise	Sets	Reps	Complete?
Incline DB Bench Press	3	12	
Dual DB Bent Over Row	3	12	
Banded Pull Aparts	3	20	
Active Bear Hold	3	30-60 sec	

Day 2 - Lower Body

Exercise	Sets	Reps	Complete?
Bodyweight Leg Extension	3	16	
Split Squat add weight	3	8 per side	
3 Way Calf Raise add weight	3	15 - 5 each way	
Weighted Sit Up	3	20	

Day 3 - Circuit

AMRAP (as many rounds as possible)	15 minutes	5 x Burpees 10 x Air Squat 20 x Ground to Sky Jump
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Score:

Congratulations!

You've made it through the 12-weeks.

How do you feel?

Let us know on social, e-mail or leave us a
Google Review.

Your strength journey doesn't have
to end there.

Want to keep working together and
experience personalized coaching and
workouts you're guaranteed to love and
see results with?

Let's connect:

Book in a complimentary consultation:
www.beststrongtraining.ca

Follow us on Instagram:
[@beststrongtraining.ca](https://www.instagram.com/beststrongtraining.ca)

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