



12 Week Strength Programme

In this pack you will find your workouts for the next 12 weeks,
broken down into 3 blocks of 4 weeks.

Record your progress in the 'weight used' section and add notes,
which can be found on the back page.

If you have any questions, please don't hesitate to ask.

ENJOY!

Gene Silva

Key:

DB = Dumbbell

KB = Kettlebell

BB = Barbell

RB = Resistance Band

ES = Each Side

SS = Superset (2 exercises back-to-back – then rest)



Block 1

Week 1

Sets/Reps	Exercise	Rest	Weight Used
3x8	Push Up	60s	
3x10	Single Arm DB Bent Over Row	60s	
3x10	BB Back Squat	60s	
3x10	DB Incline Press	60s	
3x10	Tricep Pull Down (Cable machine)	60s	
3x10	Controlled Body Weight Lunge	60s	

Sets/Reps	Exercise	Rest	Weight Used
3x10	Bench Press	60s	
3x10	BB Bent Over Row	60s	
3x10	BB Deadlift	60s	
3x10	DB Tricep Overhead Extension	60s	
3x10	RB Lat Pull Down	60s	
3x10	DB Front Squat	60s	

Sets/Reps	Exercise	Rest	Weight Used
3x10	Seated DB Shoulder Press	60s	
3x10	T Bar Row	60s	
3x10	DB Lunge	60s	
3x10	Skull Crusher	60s	
3x10	Hammer Curls	60s	
3x10	DB Romanian Deadlift	60s	

Sets/Reps	Exercise	Rest	Weight Used
3x10 (es)	Side Kneeling Ball Slam	40s	
3x10	Reverse Crunch	40s	
3x10 (es)	Cable Woodchopper	40s	
3x10	Leg Raises	40s	



Week 2

Sets/Reps	Exercise	Rest	Weight Used
3x10	Push Up	60s	
3x12	Single Arm Bent Over Row	60s	
3x12	BB Back Squat	60s	
3x12	DB Incline Press	60s	
3x12	Tricep Pull Down (Cable machine)	60s	
3x12	Controlled Body Weight Lunge	60s	

Sets/Reps	Exercise	Rest	Weight Used
3x12	Bench Press	60s	
3x12	BB Bent Over Row	60s	
3x12	BB Deadlift	60s	
3x12	DB Tricep Overhead Extension	60s	
3x12	RB Lat Pull Down	60s	
3x12	DB Front Squat	60s	

Sets/Reps	Exercise	Rest	Weight Used
3x12	Seated DB Shoulder Press	60s	
3x12	T Bar Row	60s	
3x12	DB Lunge	60s	
3x12	Skull Crusher	60s	
3x12	Hammer Curls	60s	
3x12	DB Romanian Deadlift	60s	

Sets/Reps	Exercise	Rest	Weight Used
3x10 (es)	Slow Bicycle Crunch (2 count)	40s	
3x10	Hanging Knee Crunch	40s	
3x10 (es)	Oblique Crunch	40s	
3x10	Toe Touch	40s	



Week 3

Sets/Reps	Exercise	Rest	Weight Used
3x10	Push Up	40s	
3x12	Single Arm Bent Over Row	40s	
3x12	BB Back Squat	40s	
3x12	DB Incline Press	40s	
3x12	Tricep Pull Down (Cable machine)	40s	
3x12	Controlled Body Weight Lunge	40s	

Sets/Reps	Exercise	Rest	Weight Used
3x12	Bench Press	40s	
3x12	BB Bent Over Row	40s	
3x12	BB Deadlift	40s	
3x12	DB Tricep Overhead Extension	40s	
3x12	RB Lat Pull Down	40s	
3x12	DB Front Squat	40s	

Sets/Reps	Exercise	Rest	Weight Used
3x12	Seated DB Shoulder Press	40s	
3x12	T Bar Row	40s	
3x12	DB Lunge	40s	
3x12	Skull Crusher	40s	
3x12	Hammer Curls	40s	
3x12	DB Romanian Deadlift	40s	

Sets/Reps	Exercise	Rest	Weight Used
3x10	Hollow Rocks (2 count)	40s	
3x10	V Up	40s	
3x10 (es)	DB Side Bend	40s	
3x10	Toe Touch	40s	



Week 4

Sets/Reps	Exercise	Rest	Weight Used
3x10	Push Up	30s	
3x12	Single Arm Bent Over Row	30s	
3x12	BB Back Squat	30s	
3x12	DB Incline Press	30s	
3x12	Tricep Pull Down (Cable machine)	30s	
3x12	Controlled Body Weight Lunge	30s	

Sets/Reps	Exercise	Rest	Weight Used
3x12	Bench Press	30s	
3x12	BB Bent Over Row	30s	
3x12	BB Deadlift	30s	
3x12	DB Tricep Overhead Extension	30s	
3x12	RB Lat Pull Down	30s	
3x12	DB Front Squat	30s	

Sets/Reps	Exercise	Rest	Weight Used
3x12	Seated DB Shoulder Press	30s	
3x12	T Bar Row	30s	
3x12	DB Lunge	30s	
3x12	Skull Crusher	30s	
3x12	Hammer Curls	30s	
3x12	DB Romanian Deadlift	30s	

Sets/Reps	Exercise	Rest	Weight Used
3x10	Slow Bicycle Crunch (2 count)	30s	
3x10	Leg Raise	30s	
3x10 (es)	Windshield Wiper	30s	
3x10	V Crunch	30s	



Block 2

Week 5

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Strict Press		
3x12	Seated Row (Cable Machine)	45s	
SS 3x12	Incline Seated DB Shoulder Press		
3x12	BB Bent Over Row	45s	
SS 3x12	DB Front Squat		
3x12	DB Romanian Deadlift	45s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Bench Dips		
3x12	T Bar Row	45s	
SS 3x12	Cable Single Arm Shoulder Press		
3x12	Cable Single Arm Row	45s	
SS 3x12	BB Reverse Lunge		
3x12	Step Ups (onto bench) – use DBs if you wish	45s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Landmine Press		
3x12	Landmine Single Arm Bent Over Row	45s	
SS 3x12	Narrow Bench Press		
3x12	EZ Bicep Curls	45s	
SS 3x12	BB Deadlift		
3x12	DB Glute Bridge	45s	

Sets/Reps	Exercise	Rest	Weight Used
3x10	Flutter Kicks (2 count)	30s	
3x10	Slow Curl Up Sit Ups	30s	
3x10 (es)	Shoulder Taps	30s	
3x10	V Up	30s	
3x10 (es)	Windscreen Wipers	30s	



Week 6

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Strict Press		
3x12	Seated Row (Cable Machine)	40s	
SS 3x12	Incline Seated DB Shoulder Press		
3x12	BB Bent Over Row	40s	
SS 3x12	DB Front Squat		
3x12	DB Romanian Deadlift	40s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Bench Dips		
3x12	T Bar Row	40s	
SS 3x12	Cable Single Arm Shoulder Press		
3x12	Cable Single Arm Row	40s	
SS 3x12	BB Reverse Lunge		
3x12	Step Ups (onto bench) – use DBs if you wish	40s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Landmine Press		
3x12	Landmine Single Arm Bent Over Row	40s	
SS 3x12	Narrow Bench Press		
3x12	EZ Bicep Curls	40s	
SS 3x12	BB Deadlift		
3x12	DB Glute Bridge	40s	

Sets/Reps	Exercise	Rest	Weight Used
3x10	Cable Crunch	20s	
3x10	Butterfly Sit Ups	20s	
3x10 (es)	DB Side Bend	20s	
3x10	Reverse Crunch	20s	
3x10 (es)	Russian Twist	20s	



Week 7

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Strict Press		
3x12	Seated Row (Cable Machine)	35s	
SS 3x12	Incline Seated DB Shoulder Press		
3x12	BB Bent Over Row	35s	
SS 3x12	DB Front Squat		
3x12	DB Romanian Deadlift	35s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Bench Dips		
3x12	T Bar Row	35s	
SS 3x12	Cable Single Arm Shoulder Press		
3x12	Cable Single Arm Row	35s	
SS 3x12	BB Reverse Lunge		
3x12	Step Ups (onto bench) – use DBs if you wish	35s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Landmine Press		
3x12	Landmine Single Arm Bent Over Row	35s	
SS 3x12	Narrow Bench Press		
3x12	EZ Bicep Curls	35s	
SS 3x12	BB Deadlift		
3x12	DB Glute Bridge	35s	

Sets/Reps	Exercise	Rest	Weight Used
3x10	Weighted Overhead Sit Ups	20s	
3x10 (es)	Oblique Crunch	20s	
3x10	Reverse Crunch	20s	
3x10	Kneeling Ball Slams	20s	
3x10 (es)	Heel Touches (2count)	20s	



Week 8

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Strict Press		
3x12	Seated Row (Cable Machine)	30s	
SS 3x12	Incline Seated DB Shoulder Press		
3x12	BB Bent Over Row	30s	
SS 3x12	DB Front Squat		
3x12	DB Romanian Deadlift	30s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Bench Dips		
3x12	T Bar Row	30s	
SS 3x12	Cable Single Arm Shoulder Press		
3x12	Cable Single Arm Row	30s	
SS 3x12	BB Reverse Lunge		
3x12	Step Ups (onto bench) – use DBs if you wish	30s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Landmine Press		
3x12	Landmine Single Arm Bent Over Row	30s	
SS 3x12	Narrow Bench Press		
3x12	EZ Bicep Curls	30s	
SS 3x12	BB Deadlift		
3x12	DB Glute Bridge	30s	

Sets/Reps	Exercise	Rest	Weight Used
3x10 (es)	Single Leg V Ups	20s	
3x10 (es)	Figure of 8	20s	
3x10	V Tuck	20s	
3x10 (es)	DB Side Bend	20s	
3x10	Cable Crunch	20s	



Block 3

Week 9

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Push Up		
3x12	Dual Arm Cable Chest Press	30s	
SS 3x12	Wide Grip Assisted Pull Up		
3x12	Single Arm Standing Cable Row	30s	
SS 3x12	BB Back Squat		
3x12	Front Foot Elevated Lunge	30s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	DB/BB Push Press		
3x12	Seated Shoulder Press	30s	
SS 3x12	RB Lat Pull Down		
3x12	Single Arm Bent Over Row	30s	
SS 3x12	BB Romanian Deadlift		
3x12	Incline BB/DB Glute Bridge	30s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Bench Press		
3x12	Incline DB Press	30s	
SS 3x12	T Bar Row		
3x12	Single Arm DB Pendlay Row	30s	
SS 3x12	DB Thruster		
3x12	DB Alternating Lunges	30s	

Sets/Reps	Exercise	Rest	Weight Used
3x12 (es)	Deadbug	20s	
3x12	V Crunch	20s	
3x12	Slow Curl Sit Up	20s	
3x12 (es)	Heel Touches	20s	
3x12	Swiss Ball Crunch	20s	



Week 10

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Push Up		
3x12	Dual Arm Cable Chest Press	25s	
SS 3x12	Wide Grip Assisted Pull Up		
3x12	Single Arm Standing Cable Row	25s	
SS 3x12	BB Back Squat		
3x12	Front Foot Elevated Lunge	25s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	DB/BB Push Press		
3x12	Seated Shoulder Press	25s	
SS 3x12	RB Lat Pull Down		
3x12	Single Arm Bent Over Row	25s	
SS 3x12	BB Romanian Deadlift		
3x12	Incline BB/DB Glute Bridge	25s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Bench Press		
3x12	Incline DB Press	25s	
SS 3x12	T Bar Row		
3x12	Single Arm DB Pendlay Row	25s	
SS 3x12	DB Thruster		
3x12	DB Alternating Lunges	25s	

Sets/Reps	Exercise	Rest	Weight Used
3x12 (es)	DB Side Bend	20s	
3x12	Ab Crunch	20s	
3x12	Leg Raises	20s	
3x12 (es)	Windscreen Wiper	20s	
3x12	Reverse Crunch	20s	



Week 11

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Push Up		
3x12	Dual Arm Cable Chest Press	20s	
SS 3x12	Wide Grip Assisted Pull Up		
3x12	Single Arm Standing Cable Row	20s	
SS 3x12	BB Back Squat		
3x12	Front Foot Elevated Lunge	20s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	DB/BB Push Press		
3x12	Seated Shoulder Press	20s	
SS 3x12	RB Lat Pull Down		
3x12	Single Arm Bent Over Row	20s	
SS 3x12	BB Romanian Deadlift		
3x12	Incline BB/DB Glute Bridge	20s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Bench Press		
3x12	Incline DB Press	20s	
SS 3x12	T Bar Row		
3x12	Single Arm DB Pendlay Row	20s	
SS 3x12	DB Thruster		
3x12	DB Alternating Lunges	20s	

Sets/Reps	Exercise	Rest	Weight Used
3x12	Plank Walkout	20s	
3x12	Ab Crunch	20s	
3x12 (es)	Heel Touches	20s	
3x12 (es)	Cross Crunch	20s	
3x12	Leg Raises	20s	



Week 12

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Push Up		
3x12	Dual Arm Cable Chest Press	15s	
SS 3x12	Wide Grip Assisted Pull Up		
3x12	Single Arm Standing Cable Row	15s	
SS 3x12	BB Back Squat		
3x12	Front Foot Elevated Lunge	15s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	DB/BB Push Press		
3x12	Seated Shoulder Press	15s	
SS 3x12	RB Lat Pull Down		
3x12	Single Arm Bent Over Row	15s	
SS 3x12	BB Romanian Deadlift		
3x12	Incline BB/DB Glute Bridge	15s	

Sets/Reps	Exercise	Rest	Weight Used
SS 3x12	Bench Press		
3x12	Incline DB Press	15s	
SS 3x12	T Bar Row		
3x12	Single Arm DB Pendlay Row	15s	
SS 3x12	DB Thruster		
3x12	DB Alternating Lunges	15s	

Sets/Reps	Exercise	Rest	Weight Used
3x12	Hanging Knee Raises	20s	
3x12	Butterfly Sit Ups	20s	
3x12 (es)	Heel Touches	20s	
3x12 (es)	Leg Raises	20s	
3x12 (es)	Side Plank with Crunch	20s	



NOTES:

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