

12 MONTH FITNESS PLAN

Goal: General fitness, strength, and endurance. Progressively increase intensity.

Month 1–2: Foundation Phase

- **Workout:** 3 days/week (Full Body)
 - **Focus:** Form, consistency
 - **Routine** (3 sets each):
 - Bodyweight Squats (15 reps)
 - Push-ups (10 reps)
 - Plank (30 sec)
 - Walking/Light Jogging (20 mins)
 - Stretch (5–10 mins)
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Month 3–4: Strength & Stability

- **Workout:** 4 days/week (Upper/Lower Split)
 - **Upper Body:**
 - Push-ups, Dumbbell Rows, Shoulder Press, Plank
 - **Lower Body:**
 - Goblet Squats, Lunges, Glute Bridge, Calf Raises
 - **Reps/Sets:** 3 sets of 8–12 reps
 - **Cardio:** 2x/week, 25 mins moderate intensity
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Month 5–6: Hypertrophy & Conditioning

- **Workout:** 5 days/week (Push/Pull/Legs)
 - **Reps/Sets:** 3–4 sets of 8–10 reps
 - **Add:** Interval training 2x/week (HIIT style)
 - **Core:** Add Ab circuits 3x/week
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Month 7–8: Advanced Strength

- **Workout:** 4–5 days/week
 - **Lifts:** Deadlifts, Squats, Bench Press, Pull-ups
 - **Reps/Sets:** 4 sets of 5–8 reps
 - **Progression:** Add weight weekly
 - **Mobility:** Include daily mobility drills
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Month 9–10: Endurance & Function

- **Workout:** 5 days/week
 - **Mix:** Circuit training, kettlebells, bodyweight
 - **Cardio:** 3x/week (30–40 mins)
 - **Cross-train:** Swimming, cycling, hiking
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Month 11–12: Personalization & Maintenance

- **Choose your focus:**
 - Strength? → Follow Months 7–8
 - Endurance? → Follow Months 9–10
 - Aesthetics? → Combine hypertrophy + cardio
 - **Track Progress**
 - **Adjust nutrition/sleep accordingly**
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Medical Disclaimer:

This fitness plan is for informational purposes only. Always consult your physician before beginning any new exercise program. You assume full responsibility for your use of this information and agree not to hold the creator liable for any injury or damages.

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