

# The Ultimate 12-Week Bodybuilding Program for Maximum Gains

Building muscle takes time, dedication, and a structured approach to training. If you're looking to maximize muscle growth, improve strength, and enhance your overall physique, this 12-week bodybuilding program will help you achieve just that. Designed for both beginners and intermediate lifters, this plan focuses on progressive overload, proper recovery, and optimal nutrition to ensure steady and sustainable muscle growth.

## Program Overview

Phase	Focus Area	Key Training Elements
Weeks 1-4	Strength Foundation	Compound lifts, progressive overload
Weeks 5-8	Hypertrophy Focus	Higher volume, supersets
Weeks 9-12	Advanced Techniques	Drop sets, forced reps

## Workout Split (5-Day Training Routine)

Day	Muscle Group
Day 1	Chest & Triceps
Day 2	Back & Biceps
Day 3	Rest or Active Recovery
Day 4	Legs & Abs
Day 5	Shoulders & Traps
Day 6	Arms & Calves
Day 7	Rest

## Nutrition Plan for Maximum Gains

Macronutrient	Recommended Intake
Protein	1.2-1.5g per pound of body weight
Carbohydrates	2-3g per pound of body weight
Fats	Healthy sources like nuts, avocados, and fish
Water Intake	3-4 liters per day