



THE NEAT ADVANTAGE: 12-WEEK BODY RECOMPOSITION

 Main Goal
LOSE WEIGHT & FAT LOSS

 Workout Type
STRENGTH TRAINING

Program Duration
12 Weeks

Days Per Week
3 Days

Time Per Workout
60+ Mins

Target Gender
Male & Female

Training Level
Beginner

WORKOUT SCHEDULE

WEEK 1	Days 1-7
<input type="radio"/> 1	Lower Body
<input type="radio"/> 2	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 3	Upper Body
<input type="radio"/> 4	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 5	Full Body
<input type="radio"/> 6	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 7	Rest

WEEK 2	Days 8-14
<input type="radio"/> 8	Lower Body
<input type="radio"/> 9	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 10	Upper Body
<input type="radio"/> 11	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 12	Full Body
<input type="radio"/> 13	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 14	Rest

WEEK 3	Days 15-21
<input type="radio"/> 15	Lower Body
<input type="radio"/> 16	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 17	Upper Body
<input type="radio"/> 18	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 19	Full Body
<input type="radio"/> 20	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 21	Rest

WEEK 4	Days 22-28
<input type="radio"/> 22	Lower Body
<input type="radio"/> 23	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 24	Upper Body
<input type="radio"/> 25	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 26	Full Body
<input type="radio"/> 27	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 28	Rest

WEEK 5	Days 29-35
<input type="radio"/> 29	Lower Body
<input type="radio"/> 30	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 31	Upper Body
<input type="radio"/> 32	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 33	Full Body
<input type="radio"/> 34	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 35	Rest

WEEK 6	Days 36-42
<input type="radio"/> 36	Lower Body
<input type="radio"/> 37	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 38	Upper Body
<input type="radio"/> 39	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 40	Full Body
<input type="radio"/> 41	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 42	Rest

WEEK 7	Days 43-49
<input type="radio"/> 43	Lower Body
<input type="radio"/> 44	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 45	Upper Body
<input type="radio"/> 46	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 47	Full Body
<input type="radio"/> 48	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 49	Rest

WEEK 8	Days 50-56
<input type="radio"/> 50	Lower Body
<input type="radio"/> 51	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 52	Upper Body
<input type="radio"/> 53	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 54	Full Body
<input type="radio"/> 55	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 56	Rest

WEEK 9	Days 57-63
<input type="radio"/> 57	Lower Body
<input type="radio"/> 58	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 59	Upper Body
<input type="radio"/> 60	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 61	Full Body
<input type="radio"/> 62	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 63	Rest

WEEK 10	Days 64-70
<input type="radio"/> 64	Lower Body
<input type="radio"/> 65	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 66	Upper Body
<input type="radio"/> 67	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 68	Full Body
<input type="radio"/> 69	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 70	Rest

WEEK 11	Days 71-77
<input type="radio"/> 71	Lower Body
<input type="radio"/> 72	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 73	Upper Body
<input type="radio"/> 74	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 75	Full Body
<input type="radio"/> 76	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 77	Rest

WEEK 12	Days 78-84
<input type="radio"/> 78	Lower Body
<input type="radio"/> 79	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 80	Upper Body
<input type="radio"/> 81	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 82	Full Body
<input type="radio"/> 83	Rest or Optional Low-Intensity Cardio
<input type="radio"/> 84	Rest



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 Main Goal
LOSE WEIGHT & FAT LOSS

 Workout Type
STRENGTH TRAINING

WORKOUTS Use the workouts below along with your workout schedule to know exactly when to perform each workout. If you need assistance with understanding how to perform an exercise visit www.trainest.com.

LOWER BODY	
WARM UP / ACTIVATION	EXECUTION
90/90 Hip Rotation	1 x 1 Min - Alternating
Bootstrapper Squat	1 x 1 Min
MAIN EXERCISE	EXECUTION
Barbell Romanian Deadlift	3 Sets, 6-8 Reps
Trap Bar Squat	3 Sets, 6-8 Reps
Stability Ball Leg Curl	3 Sets, 8-10 Reps
Barbell Glute Bridge	3 Sets, 6-8 Reps
Dumbbell Calf Raise	3 Sets, 6-8 Reps
Sled Push	2 Sets, 20-40 Yards
COOL DOWN	EXECUTION
Prone Quad Stretch	1 x 1 Min - alternating 15 seconds each side
Hip Stretch Twist	1 x 1 Min - Alternating
<p>Time Per Workout: 62 Minutes</p> <p>Equipment Required: Barbell, Trap Bar, Stability Ball, Dumbbells, Sled</p> <p>Notes: Perform the warm-ups slow and controlled, focusing on getting into deeper ranges of motion and feeling the target muscles contract with each repetition.</p>	

UPPER BODY	
WARM UP / ACTIVATION	EXECUTION
Push-Up Plus	1 x 1 Min
Cable Face Pull	1 x 1 Min
MAIN EXERCISE	EXECUTION
Chest-Supported Barbell Row	3 Sets, 6-8 Reps
Dumbbell Bench Press	3 Sets, 6-8 Reps
Lat Pulldown	3 Sets, 6-8 Reps
Cable Fly	2 Sets, 8-10 Reps
Dumbbell Lateral Raise	3 Sets, 8-10 Reps
Reverse Cable Curl	2 Sets, 8-10 Reps
Triceps Pushdown	2 Sets, 8-10 Reps
COOL DOWN	EXECUTION
Quadruped Thoracic Rotation	1 x 1 Min - Alternating
Child's Pose	1 x 1 Min - Hold the pose for 10 seconds, reset, then repeat.
<p>Time Per Workout: 64 Minutes</p> <p>Equipment Required: Incline Bench, Barbell, Dumbbells, Cables</p> <p>Notes: Perform the warm-ups slow and controlled, focusing on getting into deeper ranges of motion and feeling the target muscles contract with each repetition.</p>	

NEAT Prescription

Lift three times weekly, complemented by optional cardio and a focus on maximizing NEAT (Non-Exercise Activity Thermogenesis). NEAT is the cornerstone of this program, accounting for a significant portion of your daily calorie expenditure. Your goal: **8,000-10,000 steps per day**. But this isn't just about walking - it's about integrating more movement into your life:

- **Walk More:** Take walking meetings, stroll during phone calls, or get off public transit a stop early.
- **Choose Activity:** Take the stairs instead of elevators or escalators.
- **Break Sedentary Patterns:** Stand up every hour if you work at a desk and stretch or move around.
- **Small Habits, Big Impact:** Park farther away, carry groceries instead of using a cart, or pace while waiting.

These seemingly trivial changes amplify your calorie burn. By maintaining NEAT consistently throughout the program, you'll accelerate fat loss and cement habits that make your results sustainable.



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FULL BODY	
WARM UP / ACTIVATION	EXECUTION
Band Pull Apart	1 x 1 Min
Bodyweight Squat	1 x 1 Min
MAIN EXERCISE	EXECUTION
Barbell Bulgarian Split Squat	3 Sets, 6-8 Reps
Stiff-Legged Dumbbell Deadlift	3 Sets, 6-8 Reps
Hammer Grip Incline Dumbbell Bench Press	2 Sets, 6-8 Reps
Barbell Pendlay Row	2 Sets, 6-8 Reps
Wide Grip Barbell Upright Row	2 Sets, 8-10 Reps
Reverse Lat Pulldown	3 Sets, 6-8 Reps
Mountain Climbers	2 Sets, 30 Seconds
COOL DOWN	EXECUTION
Cat Cow	1 x 1 Min
Dynamic Pigeon Stretch	1 x 1 Min (30 sec each side)
Time Per Workout: 60 Minutes	
Equipment Required: Resistance Bands, Barbell, Flat Bench, Squat Rack, Dumbbells, Incline Bench, Cables	
Notes: Perform the warm-ups slow and controlled, focusing on getting into deeper ranges of motion and feeling the target muscles contract with each repetition.	


WORKOUT TIPS

- **Consistency is Key:** Stick to your three weekly strength training sessions to maintain muscle and keep progressing. The more consistent you are with your training and NEAT, the better the results.
- **No Cardio on Training Days:** Avoid adding extra cardio on training days, as it can interfere with muscle recovery. Use your rest days for optional cardio if desired.
- **Track Progress:** Keep track of your strength training progress – weights, sets, and reps. Also, monitor your NEAT by tracking your daily steps. This will help you stay on track and make necessary adjustments throughout the program.
- **Calorie Deficit & Macronutrients:** Aim for a 200-400 calorie deficit daily to promote fat loss, with 0.7g of protein per pound of body weight to retain muscle. Keep fat intake at 20-30% of total calories and fill the rest with carbs based on training intensity.

COMMON MISTAKES

- **Treating Nutrition as Secondary:** Neglecting your nutrition and relying solely on NEAT to burn fat can be a big mistake. Even though exercise and non-exercise activity help, a strategic calorie deficit and adequate protein intake are necessary to achieve real recomposition.
- **Not Adapting NEAT to Lifestyle:** If you're stuck in a sedentary lifestyle (e.g., desk job, long commutes), expecting NEAT to work without modification is unrealistic. Adapt your environment – consider using a standing desk, walking during calls, or parking farther away to incorporate movement into your routine seamlessly.
- **Underestimating Small Movements:** Thinking that NEAT is only about hitting your step goal can cause you to overlook other simple activities like fidgeting, standing, or walking around while on calls. These small, consistent actions collectively contribute to a significant increase in daily calorie expenditure.

The NEAT Advantage: 12-Week Body Recomposition program isn't about quick fixes – it's about building a sustainable lifestyle that transforms your physique. By focusing on progressive strength training, mindful nutrition, and maximizing daily movement, you'll optimize fat loss while preserving muscle mass. Remember, consistency is key. Stay on track with your calorie goals, protein intake, and daily activity, and the results will follow. It's time to make lasting changes that will help you feel stronger, leaner, and more energized in just 12 weeks.



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