

RAPID FAT LOSS

TRAINING PROGRAMME *for women*

Get active by following this 5-day training programme for the next 12 weeks.

You can do these exercises at home or at your gym, depending on your circumstances. Refer to the Training Tips of each stage to adapt the training slightly.

DAY 1 - LEGS AND ABS

LEGS

1 SQUAT



4 sets, 6 – 10 reps

2 RAISED DUMBBELL LUNGE



4 sets, 8 reps

3 SEATED LEG EXTENSION (THERABAND)



2 sets, 12 reps

4 DUMBBELL LUNGE



3 sets, 12 (each leg)

5 STANDING HAMSTRING CURL (THERABAND)



3 sets, 6-8 reps

6 STANDING CALF RAISES



4 sets, 12,12,20,20 reps

7 ABDUCTOR RAISES



4 sets of 10

ABS

8 CRUNCH AND OBLIQUE TWIST TO FAILURE



CARDIO

9 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS OR ELLIPTICAL CYCLE.

DAY 2 – CHEST AND TRICEPS

CHEST

1 FLAT BENCH DUMBBELL PRESS



3 sets, 8 reps

2 FLAT BENCH FLYES



3 sets 8-10 reps

3 INCLINE BENCH PRESS



2 sets, 10-12 reps

4 OVERHEAD CHEST EXTENSION



2 sets, 8-10 reps

TRICEPS

5 BENT OVER TRICEP EXTENSIONS



4 sets, 8-12 reps

6 BENCH DIPS



3 sets, 10 reps

7 WEIGHTED BENCH DIP



4 sets, 8-12 reps

ABS

8 SEATED TRICEP EXTENSION



4 sets, 10 reps

CARDIO

9 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS OR ELLIPTICAL CYCLE.

DAY 3 – SHOULDERS, TRAPS

SHOULDERS

1 OVERHEAD PRESS



4 sets, 6-12 reps

2 OVERHEAD PRESS (WITH WEIGHT)



3 sets, 6-8 reps

3 LATERAL RAISES



3 sets, 8 reps

4 BENT OVER RAISES



3 sets, 8 reps

5 FRONT RAISES (ALTERNATING ARMS)



3 sets, 8 reps

ABS

6 DOUBLE CRUNCH TO FAILURE



CARDIO

- 7 30-45 MINUTES OF HIGH INTENSITY RUNNING/ SPRINTS OR ELLIPTICAL CYCLE.

DAY 4 – BACK AND BICEPS

BACK

- 1 ONE ARM DUMBBELL ROW



2 sets, 12 (each arm)

- 2 INCLINE BENCH BARBELL ROW



3 sets, 8 reps

- 3 BENT OVER BARBELL ROW



3 sets, 10 reps

- 4 DEAD LIFT



4 sets, 6-10 reps

BICEP

- 5 DUMBBELL CURL



4 sets, 6 reps

- 6 HAMMER CURL



4 sets, 8-14 reps

- 7 INCLINE HAMMER CURL



3 sets, 6-8 reps

- 8 CONCENTRATION CURL (ADVANCED)



3 sets, 6-8 reps

9 BARBELL REVERSE GRIP CURL (ADVANCED)



3 sets, 6-8 reps

CARDIO

10 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS OR ELLIPTICAL CYCLE.

"Include stretching to improve recovery"

DAY 5 – GENERAL CIRCUIT

OPTIONAL EXERCISES

1 OPTIONAL EXTRA CONDITIONING EXERCISES

Do a mix of high intensity cardio and moderate resistance training for no longer than 45 minutes. Make sure that you do a full-body training session, with no rest.

This does not include warm-up. If you reach failure before you can complete the sets, lower the weight by 20-30%, and continue until failure. If failure does occur, you can stop training that set as the muscle has reached failure twice, and normal function will not occur until recovery has taken place.

Saturday and Sunday can be your rest days....but keep your diet clean! On each day (Monday - Friday), you can do around 45 minutes of cardio after the weight sets. This should be between the treadmill and the stepper (if your gym has both). Keep your heart rate at around 85% of MAX to encourage fat-burning.

1 PLANK



4 sets, 1 min

2 CRUNCH WITH BALL BELOW FEET



4 sets, 8 reps

3 SEATED BALL CRUNCH



4 sets, 8 reps

4 LYING LEG RAISES



4 sets, 8 reps