



RAPID FAT LOSS

TRAINING PROGRAMME FOR WOMEN

Follow 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. If you can't do the weight and cardio training in one session, you can split it into two sessions - preferably cardio in the morning and weight training in the evening.

C

Circuit: Complete each exercise directly after the previous with no rest in between until all exercises have been completed. This is one set. Rest 1 - 2 minutes between each set.

SS

SuperSet: Completing 2 exercises directly after each other with no rest in between. After both exercises have been completed that counts as one set of the SuperSet.

TS

Tri Set: Completing 3 exercises directly after one another with no rest in between. After all 3 exercises have been completed, that counts as one set of the Tri Set.

HIIT

High Intensity Interval Training is a style of cardiovascular training whereby repeated bouts of short duration, high intensity exercise is combined with periods of low intensity intervals used as active recovery.

“STRIVE FOR
PROGRESS, NOT
PERFECTION.”





BOX JUMP / 30s JUMP ROPE

SETS: 3 | REPS: 10 | REST: 0



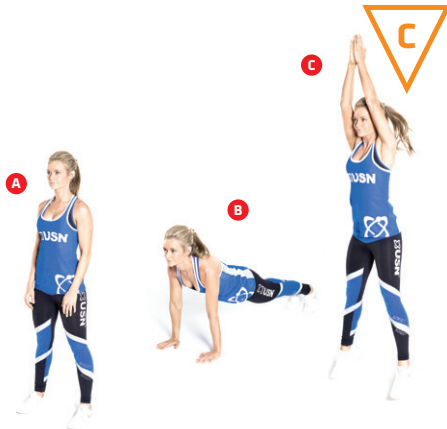
PRISONER SQUAT

SETS: 3 | REPS: 15 | REST: 0



TUCK JUMP/ 30s JUMP ROPE

SETS: 3 | REPS: 10 | REST: 0



BURPEES

SETS: 3 | REPS: 10 | REST: 0



WALKING LUNGE

SETS: 3 | REPS: 10 PER LEG | REST: 0



SPLIT JUMP / 30s JUMP ROPE

SETS: 3 | REPS: 5 PER LEG | REST: 0



SINGLE LEG HIP RAISES

SETS: 3 | REPS: 10 PER LEG | REST: 120s



SWISS BALL CRUNCHES

SETS: 5 | REPS: 25 | REST: 30s-60s

HIIT

HIIT CARDIO:

15 MIN

4 MIN WARM UP,

2 MIN COOL DOWN

1 MIN INTERVALS



SS 1

LAT PULL DOWN WIDE GRIP

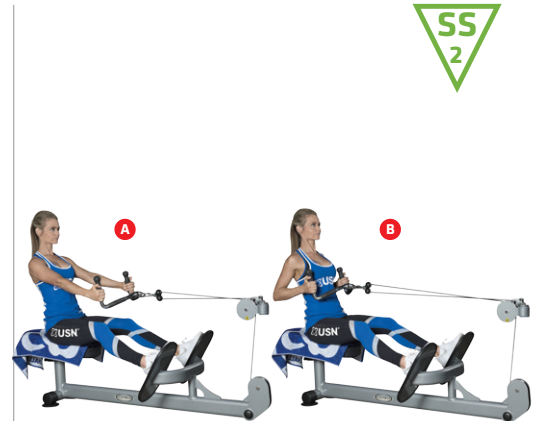
SETS: 3 | REPS: 10 | REST: 0



SS 1

TRICEP PUSHDOWN

SETS: 3 | REPS: 10-12 | REST: 60s-120s



SS 2

SEATED ROW

SETS: 3 | REPS: 10-12 | REST: 0



SS 2

TRICEP KICKBACK

SETS: 3
REPS: 10-12 PER ARM | REST: 60s-120s



SS 3

BARBELL BENTOVER ROW

SETS: 3 | REPS: 8-12 | REST: 0



SS 3

BENCH DIPS

SETS: 3
REPS: FAILURE | REST: 60s-120s



SS 4

SEATED CALF RAISE

SETS: 3 | REPS: 10-12 | REST: 0



SS 4

STANDING CALF RAISE (BODY WEIGHT)

SETS: 3 | REPS: 25 | REST: 60s-90s

HIIT

HIIT CARDIO:

15 MIN

4 MIN WARM UP,

2 MIN COOL DOWN

1 MIN INTERVALS

SS
1



DUMBBELL BENCH PRESS

SETS: 3 | REPS: 8-12 | REST: 0

SS
1



DUMBBELL BICEP CURL

SETS: 3 | REPS: 10-12 | REST: 60s-120s

SS
2



DUMBBELL INCLINE PRESS

SETS: 3 | REPS: 10-12 | REST: 0

SS
2



DUMBBELL HAMMER CURLS

SETS: 3 | REPS: 8-12 | REST: 60s-120s

SS
3



WIDE PUSH UPS

SETS: 3 | REPS: FAILURE | REST: 0

SS
3



CONCENTRATION CURLS

SETS: 3 | REPS: 6-8 | REST: 60s-120s

HIIT



LEG RAISES

SETS: 5 | REPS: 25 | REST: 30s-60s

HIIT CARDIO:

15 MIN
4 MIN WARM UP,
2 MIN COOL DOWN
1 MIN INTERVALS

“EXCUSES
DON'T BURN
CALORIES!”



ARNOLD PRESS

SETS: 3 | REPS: 8-10 | REST: 0



PLANK

SETS: 3 | REPS: 60s | REST: 60s-120s



LATERAL RAISES

SETS: 3 | REPS: 10-12 | REST: 0



REVERSE FLYES

SETS: 3 | REPS: 10-12 | REST: 60s-120s



FRONT RAISES

SETS: 3 | REPS: 10-12 | REST: 0



DUMBBELL SHOULDER PRESS

SETS: 3 | REPS: 6-8 | REST: 0



BARBELL UPRIGHT ROW

SETS: 3 | REPS: 10-12 | REST: 120s

HIIT

HIIT CARDIO:

15 MIN
4 MIN WARM UP,
2 MIN COOL DOWN
1 MIN INTERVALS

"IF IT DOESN'T
CHALLENGE
YOU, IT DOESN'T
CHANGE YOU."



WALKING LUNGE

SETS: 3 | REPS: 8-12 | REST: 0



BARBELL SQUAT

SETS: 3 | REPS: 6-10 | REST: 60s-120s



STIFF LEG DEADLIFT

SETS: 3 | REPS: 10-12 | REST: 60s-120s



DEADLIFT

SETS: 3 | REPS: 8-12 | REST: 60s-120s



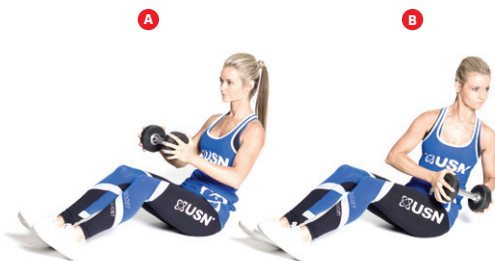
LEG EXTENSION

SETS: 3 | REPS: 10 PER LEG | REST: 0



LEG CURL

SETS: 3 | REPS: 10-15 | REST: 60s-120s



RUSSIAN TWIST

SETS: 5 | REPS: 25 | REST: 30s-60s

HIIT

HIIT CARDIO:

15 MIN
4 MIN WARM UP,
2 MIN COOL DOWN
1 MIN INTERVALS

"YOU'RE ONE
WORKOUT
AWAY FROM A
GOOD MOOD."