

PHASE 1
FULL BODY 1

Phase 1: Weeks 1-4

Program: Female Fatloss



A **Heels Elevated Goblet Squat** *Start with 15RM and maintain that weight for all sets or increase*

Session	Sets	Reps	Tempo	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	15,12,10,8	3-0-1-0	45	weight: reps:								
2	4	15,12,10,8	3-0-1-0	45	weight: reps:								
3	4	15,12,10,8	3-0-1-0	45	weight: reps:								
4	4	15,12,10,8	3-0-1-0	45	weight: reps:								
5	4	15,12,10,8	3-0-1-0	45	weight: reps:								

B **Shoulder Press / Standing / DB / Neutral Grip / Unilateral** *Start with 15RM and maintain that weight for all sets or increase*

Session	Sets	Reps	Tempo	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	15,12,10,8	3-0-1-0	45	weight: reps:								
2	4	15,12,10,8	3-0-1-0	45	weight: reps:								
3	4	15,12,10,8	3-0-1-0	45	weight: reps:								
4	4	15,12,10,8	3-0-1-0	45	weight: reps:								
5	4	15,12,10,8	3-0-1-0	45	weight: reps:								

C **Pulldown / Close Neutral Grip** *Start with 15RM and maintain that weight for all sets or increase*

Session	Sets	Reps	Tempo	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	15,12,10,8	3-0-1-0	45	weight: reps:								
2	4	15,12,10,8	3-0-1-0	45	weight: reps:								
3	4	15,12,10,8	3-0-1-0	45	weight: reps:								
4	4	15,12,10,8	3-0-1-0	45	weight: reps:								
5	4	15,12,10,8	3-0-1-0	45	weight: reps:								

D **Leg Curl / Toes Neutral / Plantarflexed**

Session	Sets	Reps	Tempo	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	10-12	3-0-1-0	30	weight: reps:								
2	3	10-12	3-0-1-0	30	weight: reps:								
3	3	10-12	3-0-1-0	30	weight: reps:								
4	3	10-12	3-0-1-0	30	weight: reps:								
5	3	10-12	3-0-1-0	30	weight: reps:								

E**Dumbbell Press / 30° / Neutral Grip**

Session	Sets	Reps	Tempo	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	10-12	3-0-1-0	30	weight: reps:								
2	3	10-12	3-0-1-0	30	weight: reps:								
3	3	10-12	3-0-1-0	30	weight: reps:								
4	3	10-12	3-0-1-0	30	weight: reps:								
5	3	10-12	3-0-1-0	30	weight: reps:								

F**Walking Lunges / Dumbbells**

Session	Sets	Reps	Tempo	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	2-3	10-12	2-0-1-0	30	weight: reps:								
2	2-3	10-12	2-0-1-0	30	weight: reps:								
3	2-3	10-12	2-0-1-0	30	weight: reps:								
4	2-3	10-12	2-0-1-0	30	weight: reps:								
5	2-3	10-12	2-0-1-0	30	weight: reps:								

G**Seated Row with Ropes / Rear Delt Focused**

Session	Sets	Reps	Tempo	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	2-3	12-15	3-0-1-0	30	weight: reps:								
2	2-3	12-15	3-0-1-0	30	weight: reps:								
3	2-3	12-15	3-0-1-0	30	weight: reps:								
4	2-3	12-15	3-0-1-0	30	weight: reps:								
5	2-3	12-15	3-0-1-0	30	weight: reps:								

H**Hip Thrust / Barbell / 1 1/4 Reps**

Session	Sets	Reps	Tempo	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	2-3	12-15	3-1-1-0	30	weight: reps:								
2	2-3	12-15	3-1-1-0	30	weight: reps:								
3	2-3	12-15	3-1-1-0	30	weight: reps:								
4	2-3	12-15	3-1-1-0	30	weight: reps:								
5	2-3	12-15	3-1-1-0	30	weight: reps:								



Tricep Extension / Flat / DB / Neutral Grip

Session	Sets	Reps	Tempo	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	2-3	12-15	2-0-2-0	30	weight:								
					reps:								
2	2-3	12-15	2-0-2-0	30	weight:								
					reps:								
3	2-3	12-15	2-0-2-0	30	weight:								
					reps:								
4	2-3	12-15	2-0-2-0	30	weight:								
					reps:								
5	2-3	12-15	2-0-2-0	30	weight:								
					reps:								