PHASE 1 FULL BODY 1

Phase 1: Weeks 1-4

Program: Female Fatloss



A	He	eels Elevated	d Goblet S	Squat			St	art with 1	5RM and	maintain	that weig	ht for all	sets or inci	rease
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:									
В	Sh	oulder Press / S	Standing / D	B / Neu			eral St	art with 1	5RM and	maintain	that weig	ht for all	sets or inci	rease
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:			T						
2	4	15,12,10,8	3-0-1-0	45	weight:									
3	4	15,12,10,8	3-0-1-0	45	weight:									
4	4	15,12,10,8	3-0-1-0	45	weight:									
5	4	15,12,10,8	3-0-1-0	45	reps: weight:									
C	Pu	ılldown / Cl	ose Neut	ral Grip	reps:		St	art with 1	5RM and	maintain	that weig	ht for all	sets or inci	rease
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:									
3	4	15,12,10,8	3-0-1-0	45	reps: weight:									
4	4	15,12,10,8	3-0-1-0	45	reps: weight:									
5	4	15,12,10,8	3-0-1-0	45	reps: weight:									
D	l e	g Curl / Toe			reps:									
Session	Sets	Reps	Tempo	Rest	intarrie,	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:		Jet 2	Jet 3	3614	3613	3610	36(7	Jet 0	
2	3	10-12	3-0-1-0	30	reps: weight:									
		10-12	3-0-1-0	30	reps: weight:									
3	3				reps: weight:									
4	3	10-12	3-0-1-0	30	reps:									
5	3	10-12	3-0-1-0	30	weight:									4

E	Dui	mbbell Pre	ess / 30° / N	leutral	Grip								
Session	Sets	Reps	Tempo	Rest	Set '	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:								
4	3	10-12	3-0-1-0	30	weight:								
5	3	10-12	3-0-1-0	30	reps: weight:								
F	Wa	lkina Luna	es / Dumb	bells	reps:								
Session	Sets	Reps	Tempo	Rest	Set '	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:	3612	3613	3614	3613	Jet 0	Jet 7	Jet 0	
2	2-3	10-12	2-0-1-0	30	reps: weight:								
3	2-3	10-12	2-0-1-0	30	reps: weight:								
					reps:								
4	2-3	10-12	2-0-1-0	30	reps: weight:								
5	2-3	10-12	2-0-1-0	30	reps:	_	_						-
					reps.								
G	Sea	nted Row w	vith Ropes	/ Rea	r Delt Focus	ed							
C Session	Sea Sets	nted Row w	vith Ropes Tempo	/ Rea	r Delt Focus	_	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
				_	Set weight:	_	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
Session	Sets	Reps	Tempo	Rest	r Delt Focus Set	_	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
Session 1	Sets 2-3	Reps 12-15	Tempo 3-0-1-0	Rest 30	Set weight: reps: weight:	_	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
Session 1 2	Sets 2-3 2-3	Reps 12-15 12-15	Tempo 3-0-1-0 3-0-1-0	Rest 30 30	r Delt Focus Set ** weight: reps: weight: reps: weight: reps: weight: reps: weight: reps:	_	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
Session 1 2 3	Sets 2-3 2-3 2-3	Reps 12-15 12-15 12-15	Tempo 3-0-1-0 3-0-1-0 3-0-1-0	30 30 30	r Delt Focus Set ' weight: reps: weight: reps: weight: reps:	_	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
Session 1 2 3 4	Sets 2-3 2-3 2-3 2-3 2-3	Reps 12-15 12-15 12-15 12-15 12-15	Tempo 3-0-1-0 3-0-1-0 3-0-1-0	Rest 30 30 30 30 30 30	r Delt Focus Set ' weight: reps: weight: reps: weight: reps: weight: reps: weight: reps:	_	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
Session 1 2 3 4 5	Sets 2-3 2-3 2-3 2-3 2-3	Reps 12-15 12-15 12-15 12-15 12-15	Tempo 3-0-1-0 3-0-1-0 3-0-1-0 3-0-1-0	Rest 30 30 30 30 30 30	r Delt Focus Set ' weight: reps: weight: reps: weight: reps: weight: reps: weight: reps:	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
Session 1 2 3 4 5	Sets 2-3 2-3 2-3 2-3 4-3 Hip	Reps 12-15 12-15 12-15 12-15 12-15 12-15 Thrust / B	Tempo 3-0-1-0 3-0-1-0 3-0-1-0 3-0-1-0 arbell / 1 1	Rest 30 30 30 30 30 4 Rep	r Delt Focus Set ' weight: reps: per set ' weight: reps: weight: reps: per set ' weight: re	Set 2							
Session 1 2 3 4 5 Session	Sets 2-3 2-3 2-3 2-3 4-3 Sets	Reps 12-15 12-15 12-15 12-15 12-15 12-15 Thrust / B Reps	Tempo 3-0-1-0 3-0-1-0 3-0-1-0 3-0-1-0 arbell / 1 1 Tempo	30 30 30 30 30 4 Rep	r Delt Focus Set ' weight: reps: r	Set 2							
Session 1 2 3 4 5 Session 1	Sets 2-3 2-3 2-3 2-3 4-3 Sets 2-3	Reps 12-15 12-15 12-15 12-15 12-15 Thrust / B Reps 12-15	Tempo 3-0-1-0 3-0-1-0 3-0-1-0 3-0-1-0 arbell / 1 1 Tempo 3-1-1-0	30 30 30 30 30 4 Rep	r Delt Focus Set ' weight: reps: rep	Set 2							
Session 1 2 3 4 5 Session 1 2	Sets 2-3 2-3 2-3 2-3 Hip Sets 2-3 2-3	Reps 12-15 12-15 12-15 12-15 12-15 12-15 12-15 12-15 12-15	Tempo 3-0-1-0 3-0-1-0 3-0-1-0 3-0-1-0 arbell / 1 1 Tempo 3-1-1-0 3-1-1-0	Rest 30 30 30 30 30 4 Rest 30 30	r Delt Focus Set ' weight: reps: reps: weight: reps: rep	Set 2							
Session 1 2 3 4 5 Session 1 2 3 3	Sets 2-3 2-3 2-3 2-3 Hip Sets 2-3 2-3 2-3	Reps 12-15 12-15 12-15 12-15 12-15 12-15 12-15 12-15 12-15 12-15	Tempo 3-0-1-0 3-0-1-0 3-0-1-0 3-0-1-0 arbell / 1 1 Tempo 3-1-1-0 3-1-1-0	Rest 30 30 30 30 30 44 Rep Rest 30 30 30	r Delt Focus Set ' weight: reps: weight: r	Set 2							

1	Tric	ep Extens	ion / Flat /	DB / N	leutral (Grip	- 1							
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:									