

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. 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.

DAY 1: LEGS AND ABS

LEGS

01 SQUAT



4 sets: 10-12 reps

02 LUNGE - SHOULDER PRESS COMBO



4 sets: 8 reps per leg

03 SEATED LEG EXTENSION (THERABAND)



2 sets: 12 reps per leg

04 DUMBBELL LUNGE



3 sets: 12 (each leg)

05 STANDING HAMSTRING CURL (THERABAND)



3 sets: 8-10 each leg

06 STANDING CALF RAISES



4 sets: 15-20 reps

ABS

07 ABDUCTOR RAISES



4 sets: 10 reps per leg

08 CRUNCH AND OBLIQUE TWIST TO FAILURE



CARDIO

09 30-45 MINUTES OF HIGH INTENSITY RUNNING/ SPRINTS, ELLIPTICAL CYCLE, OR ROWING MACHINE.

DAY 2: CHEST AND TRICEPS

CHEST

01 FLAT BENCH DUMBBELL PRESS



3 sets: 8-10 reps

02 FLAT BENCH FLYE



3 sets: 10-12 reps

03 INCLINE BENCH PRESS



2 sets: 10-12 reps

TRICEPS

04 OVERHEAD CHEST EXTENSION



2 sets: 8-10 reps

05 SEATED TRICEP EXTENSION



4 sets: 10 reps

06 BENT OVER TRICEP EXTENSION



4 sets: 8-12 reps per arm

*For detailed instructions on how to perform these exercises, please visit www.usn.co.za

07 WEIGHTED BENCH DIP



4 sets: 8-12 reps

08 BENCH DIPS



3 sets: to failure

CARDIO

09 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS, ELLIPTICAL CYCLE, OR ROWING MACHINE.

DAY 3: SHOULDERS, TRAPS

SHOULDERS

02 FRONT RAISES (ALTERNATING ARMS)



3 sets: 8-10 reps per arm

02 OVERHEAD PRESS (WITH WEIGHT)



3 sets: 8-10 reps

03 LATERAL RAISES



3 sets: 12-15 reps

04 BENT OVER RAISES



3 sets: 12-15 reps

05 OVERHEAD PRESS



3 sets to failure

ABS

03 DOUBLE CRUNCH TO FAILURE



CARDIO

09 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS, ELLIPTICAL CYCLE, OR ROWING MACHINE.

DAY 4: BACK AND BICEPS

BACK

01 ONE ARM DUMBBELL ROW



2 sets: 10-12 reps per arm

02 INCLINE BENCH BARBELL ROW



3 sets: 8-10 reps

03 BENT OVER BARBELL ROW



3 sets: 10 reps

04 DEAD LIFT



4 sets: 6-10 reps

BICEP

05 DUMBBELL CURL



4 sets: 8-12 reps per arm

06 HAMMER CURL



4 sets: 8-12

07 CONCENTRATION CURL (ADVANCED)



3 sets: 6-8 reps per arm

"FOCUS ON FORM & FUNCTION"

*For detailed instructions on how to perform these exercises, please visit www.usn.co.za

09 BARBELL REVERSE GRIP CURL (ADVANCED)



3 sets: 6-8 reps

CARDIO

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

“INCLUDE STRETCHING TO IMPROVE RECOVERY”

DAY 5

01 PLANK



4 sets: 1 min

02 CRUNCH WITH BALL BELOW FEET



4 sets: 12-15 reps

03 SEATED BALL CRUNCH



4 sets: 12-15 reps

04 LYING LEG RAISES



4 sets: 8-10 reps

SUPER CIRCUIT

Use your fifth day to mix your training up with some structured circuit training. Here, you have the opportunity to revisit and target the muscle tissue groups that you may have struggled with during the week.

Start off by performing stretching and doing sprint work. This will help you to increase blood flow to the working muscle tissue mass, helping to improve oxygen and nutrient delivery. Then move on to your super circuit session. Keep this session at a high intensity making sure that your rest times are short and concise. If this means that you have to move between upper body and lower body activity to keep your recovery times minimal then do so. Keep your workout limited to 45 minutes of super circuits, and then move over to finish off by completing the above 4 core exercises as a circuit for 4 rounds, resting 2 minutes between rounds