



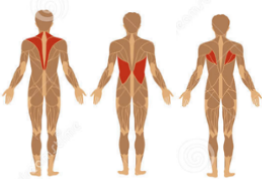






## Full body workout weekly plan for Women

| Target Muscle Group<br>(It is important to know what muscle you are hitting)        | Exercise  | Reps  | Sets |                       |
|---|---|-------|------|-----------------------|
|    | <b>Legs</b><br>Quads: Squats<br>Hamstrings: Leg curls, Romanian Deadlift<br>Glutes & Hips: Lunges, Hip Thrusts            | 10-12 | 3    | <div>Lower Body</div> |
|    | <b>Chest</b><br>Flat Chest Press<br>Inclined press<br>Declined press OR Cable cross over (high to low)                    | 10-12 | 3    |                       |
|   | <b>Shoulders</b><br>Overhead Shoulder Press OR Arnold Press<br>Lateral raises   | 10-12 | 3    | <div>Upper Body</div> |
|  | <b>Triceps</b><br>Triceps extensions<br>Closed grip bench press<br>Dips (bench or parallel bars)                          | 10-12 | 3    |                       |
|  | <b>Back</b><br>Barbell OR dumbbell rows<br>Wide grip pull downs OR Pullups<br>Head Pulls<br>Trap Pulls<br>Rope Pull Downs | 10-12 | 3    |                       |
|  | <b>Biceps</b><br>Dumbbell OR barbell curls<br>Drag curls<br>Preacher curls<br>Hammer curls                                | 10-12 | 3    |                       |



|   |      |  |    |   |      |
|---|------|--|----|---|------|
|  | Core | Crunches<br>Side crunches/woodchoppers<br>Leg Raises | 20 | 3 | Core |
|   |      |  |    |   |      |

*Sets – 4 including warmup set | Rep Range – 8 to 12 | Rest between sets: 60 secs.*

*Intensity - Weight with which you can perform 10 reps with last 2-3 reps being challenging.*

*Core to be worked out in every session across the week*

## Weekly PPL Routine

| Day       | Activity           | Duration   |
|-----------|--------------------|------------|
| Monday    | Upper Body Focus   | 45-60 mins |
| Tuesday   | Lower Body Focus   | 45-60 mins |
| Wednesday | Rest               |            |
| Thursday  | Core               | 20 mins    |
| Friday    | Full body Circuit* | 25 mins    |
| Saturday  | Rest               |            |
| Sunday    | Rest               |            |

\*Circuit (Repeat 3x):

Warm up: 5-10 minutes of cardio (jump rope, jogging)

- 10 Push-ups
- 15 Squats
- 10 Dumbbell Rows per arm
- 15 Deadlifts
- 30-second Plank

Cool Down: Stretching focusing on all major muscle groups

## Important Notes

1. Start every exercise with a 5 mins warm-up. Recommended warm-up is to replicate the same movement without external resistance/weights.
2. Conclude the entire workout with a 5 mins cool-down. Recommended cool-down is to stretch all your major muscle groups
3. Keep yourself hydrated during the workout
4. Keep your diet clean – low in processed carbs and sugar, high on healthy fats and protein
5. Sleep at least 7-8 hours (uninterrupted) every night
6. In case during any exercise, there is a feeling of discomfort, sharp striking pain in the target muscle, light headedness, difficulty in breathing; immediately STOP exercise and seek professional help
7. Stay consistent and be patient