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Workouts



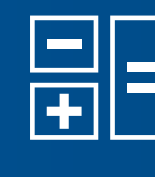
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10 WEEK WOMEN'S FAT LOSS WORKOUT

This 10 week women's fat loss training program is perfect for any healthy women who is looking to transform her body through a good weight lifting program.

Link to Workout: <https://www.muscleandstrength.com/workouts/muscle-and-strength-womens-fat-loss-workout>

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 10 Weeks

Days Per Week: 7 Days

Time Per Workout: 60-75 Minutes

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Female

Author: M&S Team

Day 1: Upper Body Focus

Exercise	Sets	Reps
1. Pull Down	3	12
2. Dumbbell Incline Bench Press	3	12
3. Cable Lateral Raise	3	15
4. Seated Cable Row	3	12
5. Dumbbell Curls	2	12
6. Tricep Overhead Extension	2	12
7. Machine Curl	2	12
8. Rope Pressdown	2	12

Day 2: Lower Body Focus

Exercise	Sets	Reps
1. Barbell Squat	3	12
2. Romanian Deadlift	4	10
3. Walking Lunge	3	15 Each
4. Bodyweight Curtsey Lunge	3	12 Each
5. Glute Kick Back	3	15 Each

Perform 10 -15 Mins of Preferred HIIT Cardio on exercise machine of choice following 20 Sec:10 Sec work to rest ratio.

Day 3: Cardio, Abs & Glutes

Exercise	Sets	Reps
<i>Perform 20 - 30 Mins of low intensity steady state cardio. After cardio, perform the following abs and glute circuit:</i>		
Plank	3	30 Secs
Bodyweight Glute Bridge	3	15
Ab Crunch	3	20
Glute Kick Back	3	12
Mountain Climbers	3	12 Each
Side Lying Crunch	3	12 Each
Oblique Crunch	3	12 Each

Day 4: Upper Body Focused

Exercise	Sets	Reps
1. Dumbbell Row	4	12
2. Seated Shoulder Press	3	12
3. Cable Face Pull	3	12
4. Dumbbell Bench Press	3	12
5. Close Grip Pull Down	3	15
6. Seated Curls	3	12
7. Lying Tricep Extensions	3	12

Day 5: Lower Body Focus

Exercise	Sets	Reps
1. Reverse Hack Squats	3	12
2. Leg Press	3	12
3. Leg Extension	3	15
4. Leg Curls	3	15
5. Standing Calf Raises	3	25

Perform 10 -15 Mins of Preferred HIIT Cardio on exercise machine of choice following a 20 Sec:10 Sec work to rest ratio.

Weekends: Cardio, Abs & Glutes

Exercise	Sets	Reps
<i>Perform 20 - 30 Mins of low intensity steady state cardio. After cardio, perform the following abs and glute circuit:</i>		
Plank	3	30 Secs
Bodyweight Glute Bridge	3	15
Ab Crunch	3	20
Glute Kick Back	3	12
Mountain Climbers	3	12 Each
Side Lying Clams	3	12 Each
Oblique Crunch	3	12 Each