

## Brutal Iron Gym – Training Program Example – Female – Mobility, Shaping, & Fat Loss

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### Schedule

Perform the workouts in the order as written; if you do not complete all workouts within a single week that's okay, start the next week at Workout 1 to maintain weekly workout order

### Per Exercise Warm-Ups

In our program warm up sets are not listed as part of the set count; what's written in the program is the number of working sets. So, for each exercise you may need to perform 1-2 practice sets to find a good working weight and fine tune form for that specific exercise, these types of sets are beneficial so do them when it feels appropriate but these sets do not count towards your listed set count. Each week when you repeat the workout you'll have a better idea of starting weight, so if you're patient and figure out the right weights the first week the remaining workouts will be less mental effort

\*Resource: <https://www.podbean.com/eu/pb-upzpk-c364f3>

\*Resource: <https://www.podbean.com/eu/pb-7cbmi-d6f9bd>

### Rest Times

Try to stay within the prescribed rest times, this helps us build up your cardiovascular endurance and working volume tolerance; both of which can improve recovery and allow us to make more progress long-term

\*Resource: <https://www.podbean.com/eu/pb-uibzt-cf613d>

### “Circuit”

Circuit = two or more exercises performed back-to-back without rest between the exercises. Set up each exercise in the circuit. Practice each exercise with ~1-3 submaximal sets increasing weight each set working up to maximal effort weight for the listed rep range. Aim to start the first working set of all exercises on the same set. On all sets the intention is to perform the exercises in the order written with as little rest as possible between the exercises. Once a set of each exercise is performed you would then rest for the listed rest time, adjust weights if needed, and then perform the next set of all exercises again with as little rest as possible between each exercise. Repeat this pattern until the listed number of working sets is achieved

\*Resource: <https://www.podbean.com/eu/pb-sisge-b51a86>

### How Do I Select the Right Weight?

For all exercises we're looking for a weight that causes you to feel challenged to maintain good form, but you're actually able to maintain good form. So, not so light that it isn't difficult, but not so heavy that you can't do the exercise properly

\*Resource: <https://www.podbean.com/eu/pb-7cbmi-d6f9bd>

\*Resource: <https://www.podbean.com/eu/pb-quh77-edc1a9>

### Weekly Progressions

In our program exercises are repeated each week. Our goal the first week is to learn the technique of the exercises and to challenge yourself aiming for the upper end of the rep ranges listed for the exercises. The second through fourth weeks we want to continue to improve technique but also challenge the body by trying to increase weight used and/or reps performed within the listed rep range. This increasing challenge from week to week will ensure the body feels the need to progress and make adaptations based on the desired training outcome.

\*Resource: <https://www.podbean.com/eu/pb-d2c5z-e3ff6f>

### Videos

Record videos of any exercises you want me to check your form on. Make the viewpoint an angle that allows me to see the form correctly; usually this is a side view or a ¾ side view. You can send the videos via Instagram, text message, or Facebook Messenger. If you're uncertain of any exercise make sure you send videos the first week so we can ensure the technique is correct through the following weeks

\*Resource: <https://www.podbean.com/eu/pb-vhayu-a1d02c>

### Gym / Equipment

Commercial Gym

## Workout 1 – At the Gym

### Circuit: ~1-2 min rests

- MA Adductor
  - \*Video – <https://www.youtube.com/watch?v=zMoa6dEUYnA>
    - Sit upright and pull your belly button inwards to brace your abs and stabilize the hips
  - Week 1 – 1 set of 16-20 reps, 1 set of 12-16 reps, 1 set of 8-12 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- Body Weight Side Lunge Drops
  - \*Video – 1:22 mark - <https://www.youtube.com/watch?v=FRtRDwrSXP8>
  - All Weeks – 3 sets of 10 reps per side

### Circuit: ~1-2 min rests

- MA Abductor
  - \*Video – <https://www.youtube.com/watch?v=bwGZyWBXyb0>
    - Sit upright and pull your belly button inwards to brace your abs and stabilize the hips
  - Week 1 – 1 set of 16-20 reps, 1 set of 12-16 reps, 1 set of 8-12 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- Body Weight Sumo Squats with Knee Pressure to Help with Hip “Openness”
  - \*Video - <https://www.youtube.com/watch?v=wPenb2XD054>
  - All Weeks – 3 sets of 5 reps going slow and focusing on depth / stretching of the hips

### Circuit: ~1-3 min rests

- Spiderman Lunge with Elbow to Instep
  - \*Video – 0:00 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
  - All Weeks – 3 sets of 5 reps per side
- Spiderman Lunge with Reach
  - \*Video – 2:01 mark - <https://www.youtube.com/watch?v=sYrIMdOBHkg>
  - All Weeks – 3 sets of 5 reps per side
- KB Goblet Hold Squats (KB Upside Down Hold)
  - \*Video - [https://www.youtube.com/watch?v=muXXYKC\\_No8](https://www.youtube.com/watch?v=muXXYKC_No8)
    - Can use a DB if KB not available
  - Week 1 – 3 sets of 10-14 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Circuit: ~1-3 min rests

- KB One Arm Gorilla Row
  - \*Video - <https://www.youtube.com/watch?v=eQg2Ox8eIMk>
  - Week 1 – 3 sets of 6-10 reps per arm
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- KB One Arm Overhead Press
  - \*Video - <https://www.youtube.com/watch?v=9zn4BBFrIo>
    - Shows the “clean” of getting the weight into pressing position – perform as shown but with multiple presses once in the overhead press position
  - Week 1 – 3 sets of 6-10 reps per arm
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

## Workout 2 – At the Gym

### Circuit: ~1-2 min rests

- Spiderman Lunge with Elbow to Instep
  - \*Video – 0:00 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
  - All Weeks – 3 sets of 5 reps per side
- Spiderman Lunge with Hip Lift
  - \*Video – 0:53 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
  - All Weeks – 3 sets of 5 reps per side
- Deep Squat with Alternating Thoracic Overhead Reach Rotation
  - \*Video - <https://www.youtube.com/watch?v=CLoPcU9-JCk>
  - All Weeks – 3 sets of 5 reps per side
- Plank from Elbows – Alternating Leg Lifts
  - \*Video - <https://www.youtube.com/watch?v=whRaAg0tYC8>
  - All Weeks – 3 sets of 20 reps (10 reps per leg)

### Circuit: ~1-3 min rests

- Crescent to Hamstring Stretch
  - \*Video – 1:47 mark - <https://www.youtube.com/watch?v=nPHfEnZD1Wk>
  - All Weeks – 3 sets of 5 reps per side
- DB Hang Hold Split Squat
  - \*Video - [https://www.youtube.com/watch?v=KvloZ\\_Owi\\_4](https://www.youtube.com/watch?v=KvloZ_Owi_4)
    - Keep the back leg close so the movement is straight up and down and highly emphasized into the front leg
  - Week 1 – 3 sets of 6-10 reps per leg
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Circuit: ~1-2 min rests

- DB Seated Sir Charles Lateral Raises
  - \*Video - <https://www.youtube.com/watch?v=GYWYUJbhcSo>
  - Week 1 – 3 sets of 4-8 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Seated Biceps Curls with Hands Wider than Shoulders
  - \*Video - <https://www.youtube.com/watch?v=uj001FhllVU>
  - Week 1 – 3 sets of 8-12 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Seated Overhead Press – Normal Grip – Alternating Press
  - \*Video - <https://www.youtube.com/watch?v=dwfol3zA5w8>
  - Week 1 – 3 sets of 6-10 reps per arm
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Treadmill – Intervals

- \*Video - <https://www.youtube.com/watch?v=BwuaiNWBodo>
- \*Use 5% incline
- Total Time = 10 minutes
- Intervals = 1 min Low / 1 min High
  - Low – consistently moving pace but allows for aerobic recovery
  - High – fastest pace you can maintain for the specified time

## Workout 3 – At the Gym

### Circuit: ~minimal rests

- World's Greatest Stretch
  - \*Video – 2:05 mark - <https://www.youtube.com/watch?v=nPHfEnZD1Wk&t=80s>
  - All Weeks – 3 sets of 3 reps per side
- Plank with PPT (Posterior Pelvic Tilt)
  - \*Video - <https://www.youtube.com/watch?v=MxbPLIVS6Yc>
  - All Weeks – 3 sets of 1 max effort rep of 10-60 sec of Time Under Tension (TUT) challenge
- Glute Bridge with Posterior Pelvic Tilt (PPT)
  - \*Video - <https://www.youtube.com/watch?v=brgT1Qg4Tk0>
  - All Weeks – 3 sets of 10 reps – focus on quality and staying controlled

### StepMill – Intervals

- \*Video - <https://www.youtube.com/watch?v=qKVs0nwDpfw>
- Total Time = 12 minutes
- Intervals = 1 min Low / 2 min High
  - Low – consistently moving pace but allows for aerobic recovery
  - High – fastest pace you can maintain for the specified time

### Circuit: <2 min rests

- Body Weight Walking Lunges
  - \*Video - <https://www.youtube.com/watch?v=L8fvypPrzsz>
  - All Weeks – 3 sets of 20 steps
- Body Weight Squat to Calf Raise
  - \*Video - [https://www.youtube.com/watch?v=AXPF2ps\\_V10](https://www.youtube.com/watch?v=AXPF2ps_V10)
  - Week 1 – 3 sets of 30 seconds
  - Weeks 2-4 – Improve Weekly – Add 10 seconds per set per week

### Circuit: ~2-3 min rests

- DB Dual Bent Over Row Isometric Holds
  - \*Video - <https://www.youtube.com/watch?v=9QvCX2qjQSg>
    - Perform each rep with a 3-5-count isometric hold at the top
  - Week 1 – 3 sets of 4-8 reps
  - Weeks 2-4 – Improve Weekly – Add weight, reps, or hold time within the listed rep range
- DB Thruster
  - \*Video - <https://www.youtube.com/watch?v=u3wKkZjE8QM>
  - Week 1 – 3 sets of 10-14 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Standing Lateral Raise 21's
  - \*Video - <https://www.youtube.com/watch?v=-e67GIRrsZ4>
    - The video shows the partial range concept of the 21's technique, BUT, change the order to:
      - Top Partial, Full Range of Motion, then Bottom Partial
  - Week 1 – 3 sets of 5-8 reps per range (15-24 total reps)
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

## Workout 4 – At the Gym

### Treadmill – 8% Incline

- \*Video - <https://www.youtube.com/watch?v=BwuaiNWBodo>
- Total Time: 8 minutes
- Sustain fastest walking pace you can throughout the total time

### Cross Legged Glute Stretch

- \*Video - <https://www.youtube.com/watch?v=tnYtS6OwzDY>
- All Weeks – 1 set of 60-120 seconds per side

### Lunge Stretch

- \*Video - <https://www.youtube.com/watch?v=SpWoClWufB8>
- All Weeks – 1 set of 3-5 contract/releases per side

### Hamstring Stretch

- \*Video - [https://www.youtube.com/watch?v=E0GLw5I\\_rk](https://www.youtube.com/watch?v=E0GLw5I_rk)
- All Weeks – 1 set of 3-5 contract/releases per side

### Circuit: ~minimal rests

- Cat Cow
  - \*Video – 0:30 mark - <https://www.youtube.com/watch?v=sYrIMdOBHkg>
  - All Weeks – 3 sets of 3 reps
- Bird Dog
  - \*Video - <https://www.youtube.com/watch?v=wiFNA3sqjCA>
  - All Weeks – 3 sets of 5 reps per side
- Activated Plank
  - \*Video - <https://www.youtube.com/watch?v=6w0ekcX3Xq8>
  - All Weeks – 3 sets of 1 max effort rep of 10-60 sec of Time Under Tension (TUT) challenge

### Circuit: ~2-4 min rests

- DB Dual Hang Hold Sumo Deadlift
  - \*Video - [https://www.youtube.com/watch?v=De9OUZz5W\\_I](https://www.youtube.com/watch?v=De9OUZz5W_I)
  - Week 1 – 3 sets of 10-14 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- Body Weight Alternating Side Lunges
  - \*Video - <https://www.youtube.com/watch?v=FW9jHAMnIcM>
  - Week 1 – 3 sets of 5 reps per leg
  - Weeks 2-4 – Improve Weekly – Add 1 rep per leg per set per week
- DB Squat Clean Thruster – Two DBs
  - \*Video - <https://www.youtube.com/watch?v=lyS6jR7bNMA>
  - Week 1 – 3 sets of 6-10 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

## **Body Weight Workout Option 1**

If you can't get to the gym and/or are traveling but still want to get a workout in!

Circuit: ~1-2 min rests

- Spiderman Lunge with Elbow to Instep
  - \*Video – 0:00 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
  - All Weeks – 3 sets of 5 reps per side
- Spiderman Lunge with Hip Lift
  - \*Video – 0:53 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
  - All Weeks – 3 sets of 5 reps per side
- Spiderman Lunge with Reach
  - \*Video – 2:01 mark - <https://www.youtube.com/watch?v=sYrIMdOBHkg>
  - All Weeks – 3 sets of 5 reps per side
- Body Weight Squat – Pulse Squats
  - \*Video – 1:45 mark - <https://www.youtube.com/watch?v=v-Mxt05j8E4>
    - At the bottom of each squat perform 3 mini-squats (pulses)
  - Week 1 – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per week
- Plank – Side to Side Touch Planks
  - \*Video - <https://www.youtube.com/watch?v=bxomm2idAl>
  - Week 1 – 3 sets of 30 seconds of Time Under Tension (TUT) challenge
  - Weeks 2-4 – Improve Weekly – Add 10 seconds of TUT challenge

## **Body Weight Workout Option 2**

If you can't get to the gym and/or are traveling but still want to get a workout in!

Circuit: ~1-2 min rests

- World's Greatest Stretch
  - \*Video – 2:05 mark - <https://www.youtube.com/watch?v=nPHfEnZD1Wk&t=80s>
  - All Weeks – 3 sets of 5 reps per side
- Downward Dog into Runners Lunge
  - \*Video – 1:08 mark - <https://www.youtube.com/watch?v=nPHfEnZD1Wk>
  - All Weeks – 3 sets of 5 reps per side
- Crescent to Hamstring Stretch
  - \*Video – 1:47 mark - <https://www.youtube.com/watch?v=nPHfEnZD1Wk>
  - All Weeks – 3 sets of 5 reps per side
- Body Weight Squat – Squat to Squat Jump
  - \*Video – 1:06 mark - <https://www.youtube.com/watch?v=v-Mxt05j8E4>
  - Week 1 – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Plank – Alternating Arm & Leg Raise
  - \*Video - <https://www.youtube.com/watch?v=9lL43w4XacA>
  - Week 1 – 3 sets of 10 reps
  - Weeks 2-4 – Improve Weekly – Add 2 reps per set per week