

Training Program – Female – Bodybuilding with High Volume to Promote Fat Loss

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

<https://www.aimperformancetraining.com/gallery>

Workout 1 – Upper Body – Pull Muscles

Circuit: ~minimal rests

- Vacuum Breathing – Lying on Back
 - *Video - <https://www.youtube.com/watch?v=loaBqxLNgrM>
 - All Weeks – 3 sets of 5 holds with a 5-count contraction for each hold
- Floor Slides for Thoracic Mobility
 - *Video - <https://www.youtube.com/watch?v=00xwlpFk6r0>
 - All Weeks – 3 sets of 10 reps
- Glute Bridge with Thoracic Reach
 - *Video - <https://www.youtube.com/watch?v=097uxi1UmvQ>
 - All Weeks – 3 sets of 10 reps (5 reps per side)
- Glute Bridge March
 - *Video – 0:29 mark - https://www.youtube.com/watch?v=O9j_DU_4KXs
 - All Weeks – 3 sets of 20 steps (10 steps per side)

Circuit: ~1-2 min rests

- Seated Scapular Retractions
 - *Video - <https://www.youtube.com/watch?v=hJffqKmfA>
 - All Weeks – 3 sets of 5 reps as shown in the video
- Seated Thoracic Rotations
 - *Video - <https://www.youtube.com/watch?v=qY6l2O3QwbM>
 - All Weeks – 3 sets of 5 reps per side as shown in the video
- CB Seated Rows with Grip Shown using Partial Reps
 - *Video - <https://youtu.be/p-T8ZlVzLx8>
 - If you don't have the grip shown available use a wide overhand grip
 - Week 1 – 3 sets of 12-18 total reps alternating partial and full range reps (partials count as a rep)
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

CB Lat Pulldown – Elbows Back & Elbows Forward – Wide Overhand Grip: ~2-3 min rests

- *Video – 1:28 mark - <https://www.youtube.com/watch?v=J1ldBhooepw>
- Week 1 – 2 sets of: 1st exercise for 8-12 reps into 2nd exercise for 8-12 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

CB Lat Pulldown – Sternum Pulldowns – Wide Overhand Grip: ~1-2 min rests

- *Video - <https://www.youtube.com/watch?v=PCbWY5FG7DY>
 - Pause at the bottom of each rep for a “1-2” count
- Week 1 – 2 sets of 8-12 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Circuit: ~2-3 min rests

- DB One Arm Reverse Flye with Hand & Knee on Bench
 - *Video - <https://www.youtube.com/watch?v=3fEbqDdbARI>
 - Week 1 – 3 sets of 8-12 reps per arm
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB One Arm Rows – Hand & Knee on Bench
 - *Video – 0:00 mark - <https://www.youtube.com/watch?v=sXd8gdIEvtg>
 - Week 1 – per arm – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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Circuit: ~2-3 min rests

- DB Seated Concentration Curls
 - *Video - https://www.youtube.com/watch?v=ja_JcPxeR2w
 - Week 1 – 3 sets of 10-14 reps per arm
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Standing Alternating Biceps Curls – Hammer Curl into Palms Up Eccentrics
 - *Video - https://youtu.be/K8kA_t58l7E
 - 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 – Upper Body – Push Muscles

Circuit: ~minimal rests

- Vacuum Breathing – Seated
 - *Video - <https://www.youtube.com/watch?v=cub3xhJXsAA>
 - All Weeks – 3 sets of 5 holds with a 5-count contraction for each hold
- Bench Rainbows
 - *Video – 2:51 mark - <https://www.youtube.com/watch?v=68yesNhLqNU>
 - Week 1 – 3 sets of 10 reps (5 touches per side)
 - Can use mini-rests if needed to reach rep target
 - Weeks 2-4 – Improve Weekly – Add 2 reps per set per week
- Reverse Crunch on Flat Bench
 - *Video - <https://www.youtube.com/watch?v=nCHypnGvcq4>
 - Week 1 – 3 sets of 10 reps
 - Can use mini-rests if needed to reach rep target
 - Weeks 2-4 – Improve Weekly – Add 2 reps per set per week

Circuit: ~2-3 min rests

- DB 15-degree Incline Thumbs-In Chest Flyes
 - *Video – <https://youtu.be/tAgQD1BpkYc>
 - Week 1 – 3 sets of 6-10 reps
 - Do not bounce out of the bottom, aim for a controlled stretch and squeeze
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB 15-degree Incline Chest Press
 - *Video – <https://www.youtube.com/watch?v=NOcLbVpCRK0>
 - Week 1 – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Circuit: ~2-3 min rests

- DB 15-degree Incline Chest Flye
 - *Video – 3:35 mark - https://youtu.be/LqrA_hxhgwM
 - Week 1 – 3 sets of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB 15-degree Incline Pinch Press
 - *Video - <https://www.youtube.com/watch?v=my379zLOSGE>
 - Week 1 – 3 sets of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Circuit: ~2-3 min rests

- DB Standing Lateral Raises with Overload Technique
 - *Video - <https://youtu.be/bCtBQzGJefw>
 - Week 1 – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Dual Bent Over Triceps Kickbacks
 - *Video - <https://www.youtube.com/watch?v=HjlgKNAqD8k>
 - Week 1 – 3 sets of 10-14 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

DB Seated Lateral Raises into Standing Lateral Raises: ~2-3 min rests

- *Video - <https://www.youtube.com/watch?v=2DVTtCGoLqs>
 - Mimic the same concepts in a standing position after reaching failure in a seated position
- Week 1 – 3 sets of 6-10 reps per position
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Workout 3 – Lower Body

Circuit: ~minimal rests

- Vacuum Breathing – on Hands & Knees (Quadruped)
 - *Video - ~1:05 mark - <https://www.youtube.com/watch?v=loaBqxLNgRM>
 - All Weeks – 3 sets of 5 holds with a 5-count contraction for each hold
- Body Weight Glutes – Glute Crossover Lifts
 - *Video – 1:57 mark - <https://www.youtube.com/watch?v=5xzxgmVOVR4>
 - All Weeks – 3 sets of 10 reps per side
- Body Weight Glutes – Quadruped Hip Circles
 - *Video – 5:44 mark - <https://www.youtube.com/watch?v=hX7Url8Pz0w&t=11s>
 - All Weeks – 3 sets of 10 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: ~2-3 min rests

- DB Goblet Hold Squat with Slow Eccentric & Pause
 - *Video - <https://www.youtube.com/watch?v=CclsK6Hbq4M>
 - Or can use KB with this grip - <https://www.youtube.com/watch?v=iDneVSrIF2U>
 - *Perform with a 3-count eccentric, 3-count pause, AND a 3-count concentric
 - Week 1 – 3 sets of 5-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Walking Lunges
 - *Video – <https://www.youtube.com/watch?v=Vo82ifin66I>
 - Week 1 – 3 sets of 20-26 steps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

MA Leg Extensions – Toe Position Sequence – In Out Extended: ~2-3 min rests

- *Video – <https://www.youtube.com/watch?v=pOBUJZzlXOQ>
- Week 1 – 3 sets of 4-7 reps per position (12-21 total reps)
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

MA Lying Leg Curls – 21's: ~2-3 min rests

- *Video - <https://www.youtube.com/watch?v=VhPVaz0tVTE>
- Week 1 – 3 sets of: Perform 4-8 reps in each ROM – Bottom Half, Top Half, Full ROM
 - This will equate to 12-24 total reps per set
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Smith Machine Reverse Lunge: ~2-3 min rests

- *Video - <https://www.youtube.com/watch?v=IE0MhfxnhOY>
- 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: ~3-5 min rests

- Trap Bar Stiff Legged Deadlift – Continuous Tension
 - *Video - <https://www.youtube.com/watch?v=KubEcUI9jFs>
 - Week 1 – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- Running Pigeon Pose
 - *Video - <https://www.youtube.com/shorts/ERxEW2ojues>
 - All Weeks – 3 sets of 5 reps per side

Workout 4 – Upper Body – Pull Muscles

Circuit: ~minimal rests

- Vacuum Breathing – Lying on Back
 - *Video - <https://www.youtube.com/watch?v=loaBqxLNgrM>
 - All Weeks – 3 sets of 5 holds with a 5-count contraction for each hold
- Supine Snow Angels for Thoracic Mobility
 - *Video - <https://www.youtube.com/watch?v=eNhJEdnBZiM>
 - All Weeks – 3 sets of 10 reps
- Lying Scapular Retraction Holds on Ground
 - *Video – <https://www.youtube.com/watch?v=r1LAmGxgply>
 - All Weeks – 3 sets of 5 reps with a 3-count hold on each rep
- Glute Bridge – Cross Legged Bridge
 - *Video – 2:49 mark - https://www.youtube.com/watch?v=O9j_DU_4KXs
 - All Weeks – 3 sets of 10 reps per side

Circuit: ~1-2 min rests

- Seated Scapular Retractions
 - *Video - <https://www.youtube.com/watch?v=hJffqKmfA>
 - All Weeks – 3 sets of 5 reps as shown in the video
- Seated Thoracic Sprinklers
 - *Video - https://www.youtube.com/shorts/y_gvHNI_Ge4
 - Shows the exercise in a kneeling position, but you can perform in a seated position
 - All Weeks – 3 sets of 10 reps per side
- CB Seated Horizontal Shrugs into Regular Rows with Narrow Overhand MAG Grip
 - *Video – 6:30 mark - <https://youtu.be/9FoHjYUnH50>
 - If you don't have the grip shown you can use shoulder-width underhand grip on straight bar
 - Week 1 – 3 sets of 6-10 reps of Shrugs into 6-10 reps of Rows
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

CB Lat Pulldown – Rope Grip for Rear Delts: ~1-2 min rests

- *Video – 3:22 mark - <https://www.youtube.com/watch?v=J1ldBhooepw>
 - Shown at 3:50 mark
- Week 1 – 2 sets of 10-14 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

CB Lat Pulldown Narrow Neutral Grip: ~2-3 min rests

- *Video - https://www.youtube.com/watch?v=v_eJFvdAcUw
- Week 1 – 3 sets of 10-14 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Circuit: ~2-3 min rests

- DB One Arm Reverse Flye with Hand on Bench for Support / Positioning
 - *Video - https://www.youtube.com/watch?v=OzoJ_sEVv44
 - Week 1 – 3 sets of 8-12 reps per arm
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB One Arm Rows – Hand on Bench Feet in Open Stance
 - *Video – 0:17 mark - <https://www.youtube.com/watch?v=sXd8gdIEvtg>
 - Week 1 – per arm – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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DB Standing Biceps Curls – 21's: ~2-3 min rests

- *Video - <https://www.youtube.com/watch?v=35GQ5NoH3fs>
- Week 1 – 3 sets of 5-8 reps per part of the motion (15-24 total reps)
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

DB Standing Alternating Hammer Curls – Cross Body into Regular: ~2-3 min rests

- *Video - <https://www.youtube.com/watch?v=2plynoTLUms>
- Week 1 – 3 sets of 4-8 reps per arm per position
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Workout 5 – Upper Body – Push Muscles

Circuit: ~minimal rests

- Vacuum Breathing – Seated
 - *Video - <https://www.youtube.com/watch?v=cub3xhJXsAA>
 - All Weeks – 3 sets of 5 holds with a 5-count contraction for each hold
- V-Crunches on Bench
 - *Video - <https://www.youtube.com/watch?v=z61Jvkzqwt4>
 - Week 1 – 3 sets of 30 sec of Time Under Tension (TUT) challenge
 - Weeks 2-4 – Improve Weekly – Add 10 seconds TUT each week
- Hip Raises with Twist on Bench
 - *Video - <https://www.youtube.com/watch?v=pAuY5u4ofHo>
 - Week 1 – 3 sets of 30 sec of Time Under Tension (TUT) challenge
 - Weeks 2-4 – Improve Weekly – Add 10 seconds TUT each week

Circuit: ~2-3 min rests

- DB 45-degree Incline Scoop Flye
 - *Video - https://www.youtube.com/watch?v=fYaD_oYzc88
 - Week 1 – 3 sets of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB 45-degree Incline Clavicular Chest Press
 - *Video - https://www.youtube.com/watch?v=6Oa_GPkz8QQ
 - Week 1 – 3 sets of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Circuit: ~2-3 min rests

- DB 15-degree Incline Alternating Chest Press from Top Position
 - *Video - <https://www.youtube.com/watch?v=iXTTdUHhpm8>
 - Week 1 – 3 sets of 6-10 reps per arm
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB 15-degree Incline Skull Crushers
 - *Video - <https://www.youtube.com/watch?v=gPUNnd9QpPk>
 - Slow the movement down a little compared to the guy in the video but keep the concept of not locking out your arms at the top
 - Week 1 – 3 sets of 10-14 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Circuit: ~2-3 min rests

- DB Seated Bent Over Gironda Lateral Raise
 - *Video - <https://www.youtube.com/watch?v=ga6uhrVY3ZM>
 - 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 Triceps Extensions – Two DBs
 - *Video - <https://www.youtube.com/watch?v=mnq-8UxZbE>
 - Week 1 – 3 sets of 8-12 reps
 - Go slow and stay light if needed to “warm up” elbow joint
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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DB Standing Lateral Raises

- *Video - https://www.youtube.com/watch?v=y5T-xm7i_oM
- Week 1 – 5 sets of ≤ 20 reps with consistent weight & 1-minute rests
 - Use the same weight on all sets starting with a max effort 20 rep weight – with the shortened rest periods your reps will decrease per set, that's okay and to be expected, just try your best each set – record the total rep count for record keeping
- Weeks 2-4 – Improve Weekly – Add 5lb to the weight used per week while still aiming for max effort on all sets – With the addition of weight each week the starting rep count for the first set will decrease, that's okay

Workout 6 – Lower Body

Circuit: ~minimal rests

- Vacuum Breathing – on Hands & Knees (Quadruped)
 - *Video - ~1:05 mark - <https://www.youtube.com/watch?v=loaBqxLNgRM>
 - All Weeks – 3 sets of 5 holds with a 5-count contraction for each hold
- Body Weight Glutes – Fire Hydrants
 - *Video – 1:18 mark - <https://www.youtube.com/watch?v=5xzsgmVOVR4>
 - All Weeks – 3 sets of 10 reps per side
- Body Weight Glutes – Glute Kickbacks – Leg Kept at 90-degrees
 - *Video – 1:36 mark - <https://www.youtube.com/watch?v=5xzsgmVOVR4>
 - All Weeks – 3 sets of 10 reps per side
- Plank with Side Knee Tuck – Alternate Legs
 - *Video - <https://www.youtube.com/watch?v=Cl7xoV968c>
 - All Weeks – 3 sets of 20 reps (10 reps per side)

Circuit: ~2-3 min rests

- DB/KB Goblet Hold Paused Jump Squats
 - *Video - https://www.youtube.com/watch?v=XpHZ7_g9Vv4
 - Week 1 – 3 sets of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Walking Lunge with Quad Focus
 - *Video - https://www.youtube.com/watch?v=0_BqTvWz9jY
 - Week 1 – 3 sets of 10-16 steps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

MA Leg Extensions – 1 & ¼ Reps: ~2-3 min rests

- *Video - <https://www.youtube.com/watch?v=JeSZ7-SgyyM>
- Week 1 – 3 sets of 6-10 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

MA Lying Leg Curl – Single Leg Eccentrics: ~2-3 min rests

- *Video - <https://www.youtube.com/watch?v=XnRoY1ppYIE>
 - Control the eccentric slower than shown in the video – aim for a 3-count eccentric
- Week 1 – 3 sets of 6-10 reps per leg
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Leg Press – Feet Low & Narrow: ~2-4 min rests

- *Feet Low & Narrow – Video – 0:13 mark - <https://youtu.be/M0xl1ysRB5U>
- Week 1 – 3 sets of 12-16 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

BB Conventional Deadlift – Eggshell: ~3-5 min rests

- *Video - <https://www.youtube.com/watch?v=HvsrRQ93yd8>
- *”Pushing the Bar” - <https://youtu.be/UMM6S7FtC44>
- *Bracing Concept - <https://youtu.be/58XrN5u1F6U>
- Week 1 – 3 sets of 6-10 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range