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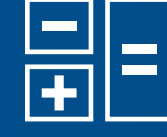
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## SUMMER SHAPE UP: WOMEN'S 6 WEEK FAT-BURNING WORKOUT

Hey ladies, get ready and stay ready for all your summer events with this 6-week fat loss workout! You'll not only look great, but you'll feel great, too.

Link to Workout: <https://www.muscleandstrength.com/workouts/summer-shape-up-womens-gym-workout>

**Main Goal:** Lose Fat

**Training Level:** Beginner

**Program Duration:** 6 Weeks

**Days Per Week:** 5 Days

**Time Per Workout:** 30 Mins

**Equipment:** Barbells, Bodyweight, Cables, Dumbbells, Machines

**Author:** Roger "Rock" Lockridge

### Day 1: Pull Day

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest 2 minutes between each round. Repeat 3 times.

Exercise	Reps
<a href="#">Pull Ups</a> or Assisted Pull Ups*	12-15
<a href="#">Reverse Grip Lat Pulldown</a>	12-15
<a href="#">Seated Cable Row</a>	12-15
<a href="#">Rear Delt Fly</a>	12-15
<a href="#">Preacher Curl</a>	12-15

\* If your gym doesn't have an assisted pull up machine, you can opt for [banded pull ups](#).

### Day 2: Lower Body/Posterior Chain Day

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest 2 minutes between each round. Repeat 3 times.

Exercise	Reps
<a href="#">Low Back Extension</a>	12-15
<a href="#">Glute Bridge</a>	12-15
<a href="#">Stiff Leg Deadlift</a>	12-15
<a href="#">Seated Leg Curl</a>	12-15
<a href="#">Standing Lunge</a>	12-15

### Day 4: Push Day

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest 2 minutes between each round. Repeat 3 times.

Exercise	Reps
<a href="#">Seated Smith Machine Press</a>	12-15
<a href="#">Lateral Raise</a>	12-15
<a href="#">Incline Dumbbell Press</a>	12-15
<a href="#">Cable Crossover</a>	12-15
<a href="#">Rope Pushdown</a>	12-15

### Day 5: Quadriceps and Calves

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest 2 minutes between each round. Repeat 3 times.

Exercise	Reps
<a href="#">Leg Extension</a>	12-15
<a href="#">Goblet Squat</a>	12-15
<a href="#">Leg Press</a>	12-15
<a href="#">Seated Calf Raise</a>	12-15
<a href="#">Standing Calf Raise</a>	12-15

### Day 6: Core and Tabata Cardio

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest 2 minutes between each round. Repeat 3 times.

Exercise	Sets	Reps	Rest
<a href="#">Hanging Leg Raise</a>	3	15	-
<a href="#">Cable Rope Crunch</a>	3	15	-
<a href="#">Bicycles</a>	3	15	-
<a href="#">Plank</a>	3	1 min	1 min
Tabata Cardio	8	20 sec	10 sec