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WOMEN'S FITNESS TRAINER: 6 WEEK WOMEN'S WORKOUT FOR FAT LOSS

This 6 week women's fitness trainer was designed to help you lose fat. Give this 4 day weekly workout protocol a shot & accomplish all of your goals!

Link to Workout: <https://www.muscleanstrength.com/workouts/womens-fitness-trainer-6-week-fat-loss-workout>

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 4 Days

Time Per Workout: 45-60 Mins

Equipment: Bodyweight, Dumbbells, Exercise Ball

Author: Brad Borland

Monday

Exercise	Sets	Reps
Incline Dumbbell Bench Press	3 - 5	10 - 15
Dumbbell Jump Squat	-	10 - 15
Renegade Row	-	10 - 15
Dumbbell Lateral Lunge	-	10 - 15
Dumbbell Squat to Press	-	10 - 15
Dumbbell Upright Row	-	10 - 15
Dumbbell Curl	-	10 - 15
Exercise Ball Crunch	-	10 - 15
Plank	-	10 - 15
Freeform Interval Cardio : 2 Mins of Warmup. Alternate 1 Min of high intensity & 1 Min low intensity active rest. Finish with 2 Mins of cool down. Perform a total of 8 - 10 intervals.		
Perform as a circuit for 3 - 5 rounds. Rest 2 - 4 Mins after each completed round. Perform cardio after completing all rounds of the circuit.		

Tuesday

Exercise	Sets	Reps
Plyometric Push Up	3 - 5	10 - 15
Box Jump	-	10 - 15
Inverted Row	-	10 - 15
Dumbbell Reverse Lunge	-	10 - 15
Dumbbell Overhead Tricep Extension	-	10 - 15
Goblet Squat	-	10 - 15
Ab Crunch	-	10 - 15
Lying Leg Lift	-	10 - 15
20 Mins of Steady State Freeform Cardio .		
Perform as a circuit for 3 - 5 rounds. Rest 2 - 4 Mins after each completed round. Perform cardio after completing all rounds of the circuit.		

Thursday

Exercise	Sets	Reps
Incline Dumbbell Bench Press	3 - 5	10 - 15
Dumbbell Jump Squat	-	10 - 15
Renegade Row	-	10 - 15
Dumbbell Lateral Lunge	-	10 - 15
Dumbbell Squat to Press	-	10 - 15
Dumbbell Upright Row	-	10 - 15
Dumbbell Curl	-	10 - 15
Exercise Ball Crunch	-	10 - 15
Plank	-	10 - 15
Freeform Interval Cardio : 2 Mins of Warmup. Alternate 1 Min of high intensity & 1 Min low intensity active rest. Finish with 2 Mins of cool down. Perform a total of 8 - 10 intervals.		
Perform as a circuit for 3 - 5 rounds. Rest 2 - 4 Mins after each completed round. Perform cardio after completing all rounds of the circuit.		

Friday

Exercise	Sets	Reps
Plyometric Push Up	3 - 5	10 - 15
Box Jump	-	10 - 15
Inverted Row	-	10 - 15
Dumbbell Reverse Lunge	-	10 - 15
Dumbbell Overhead Tricep Extension	-	10 - 15
Goblet Squat	-	10 - 15
Ab Crunch	-	10 - 15
Lying Leg Lift	-	10 - 15
20 Mins of Steady State Freeform Cardio .		
Perform as a circuit for 3 - 5 rounds. Rest 2 - 4 Mins after each completed round. Perform cardio after completing all rounds of the circuit.		