

ULTRA LEAN MUSCLE TRAINING PLAN



#CHALLENGEYOURSELF

FEMALE TRAINING PLAN

- Warm up the muscle groups you will be training for 5 – 10 minutes before starting the exercise plan.
- Ensure adequate hydration/ water intake on training days.
- Ensure the weights you use are heavy enough to almost cause failure on the last rep of each set on both heavy and light training days.
- Do not leave out reps or sets of an exercise. If you are too fatigued, rather reduce the amount of exercises for the day.
- Do not skip cardio – this is important to keep the body lean.
- Keep track of the weights used in every exercise and compare after 4 weeks.

DAY 1 - HEAVY PUSH DAY	SETS	REPS	REST
Barbell Flat Bench Press	4	6	3:00-4:00 min
Incline Dumbbell Bench Press	4	8	3:00-4:00 min
Seated Pec Flye	3	8	2:00-2:30 min
Barbell Shoulder Press	4	8	2:30-3:00 min
Weighted Dips	4	6	2:30-3:00 min
Dumbbell Front Raise	4	8	2:00-2:30 min
Dumbbell Lateral Raise	4	8	2:00-2:30 min
Skull Crushers	4	8	2:30-3:00 min
Triceps Pushdown	4	8	2:30-3:00 min
Low Slow Cardio			20 min

DAY 2 - LIGHT PULL DAY	SETS	REPS	REST
Wide-Grip Lat Pulldown	4	12	1:15 - 1:30 min
Palms-In Pulldown	4	12	2:25 - 2:30 min
Dumbbell Single-Arm Row	3	12	1:00 - 1:15 min
Straight Arm Pulldown	4	12	1:15 - 1:30 min
Upright Row	4	12	1:00 - 1:15 min
Dumbbell Shrug	4	12	1:00 - 1:15 min
Rear Delt Flye	4	12	1:15 - 1:30 min
Straight-Bar Arm Curl	4	12	1:15 - 1:30 min
Biceps Preacher Curl	4	12	1:15 - 1:30 min
Seated Alternating Dumbbell Curl	4	12	1:00 - 1:15 min
HIIT Cardio			20 min

DAY 3 - HEAVY LEGS DAY	SETS	REPS	REST
Barbell Squat	4	6	3:00-4:00 min
Hack Squat	4	6	3:00-4:00 min
Leg Press	3	8	2:30-3:00 min
Straight Leg Dead lift	4	8	2:30-3:00 min
Leg Extension	4	8	2:00-2:30 min
Leg Curl	4	8	2:00-2:30 min
Standing Heel Raise	4	8	2:00-2:30 min
Seated Heel Raise	4	8	2:00-2:30 min
Decline Weighted Sit-Up	4	8	2:00-2:30 min
Hanging Leg Raise	4	10	2:00 min
Low Slow Cardio			20 min

DAY 4 - LIGHT PUSH DAY	SETS	REPS	REST
Dumbbell Flat Bench Press	4	12	2:00 min
Incline Barbell Bench Press	4	12	1:15-1:30 min
Dumbbell Incline Flye	4	12	1:00-1:15 min
Cable Crossover	4	12	1:00-1:15 min
Dumbbell Military Press	4	12	1:15-1:30 min
Cable Lateral Raise	4	12	1:00-1:15 min
Cable Front Raise	4	12	1:00-1:15 min
Skull Crusher	4	12	1:15-1:30 min
Triceps Rope Pushdown	4	12	1:00-1:15 min
HIIT Cardio			20 min

DAY 5 - HEAVY PULL DAY	SETS	REPS	REST
Seated Cable Wide High Row	4	6	3:00-4:00 min
Chin Up Palms Facing In	4	6	3:00-4:00 min
Lat Pulldown	3	6	2:00-2:30 min
Seated Cable Low Row	4	8	2:00-2:30 min
Dumbbell Shrugs	4	8	2:00-2:30 min
Rear Delt Flye	4	8	2:00-2:30 min
Biceps Barbell Curl	4	8	2:00-2:30 min
Single Arm Biceps Preacher Curl	4	10	2:00-2:30 min
Single Arm Standing Cable Curl	3	10	2:00-2:30 min
Low Slow Cardio		1	20 min

DAY 6 & 7 - REST

