

12 WEEK WEIGHT LOSS GYM ROUTINE FOR FEMALES PDF

Thank you for downloading our 12 Week Weight Loss Gym Routing for Females PDF!

Discover a new approach to fitness with our groundbreaking weight loss program, specifically designed for women. This program uniquely incorporates the menstrual cycle into workout planning, optimizing exercises to align with hormonal fluctuations. Experience sustainable weight loss, improved physical strength, and enhanced overall well-being. Our holistic approach prioritizes your health, empowering you to feel confident and thrive throughout your fitness journey. Start transforming your life today!

-- Mike
ThisIsWhyImFit.com

PHASE 1: Menstrual Phase (WEEKS 1, 5, 9)				
Day 1				
HIIT	Week 1	Week 5	Week 9	Rest
Jumping Jacks	30s x 3	45s x 3	60s x 3	30 sec
High Knees	30s x 3	45s x 3	60s x 3	30 sec
Mountain Climbers	30s x 3	45s x 3	60s x 3	30 sec
Plank Jacks	10 x 3	12 x 3	15 x 3	60 sec
Box Jumps	10 x 3	12 x 3	15 x 3	60 sec
Day 2				
MOBILITY	Week 1	Week 5	Week 9	Rest
Hip Bridges	10 x 3	12 x 3	15 x 3	30 sec
Leg Swings	10 x 3	12 x 3	15 x 3	30 sec
Hip Flexor Stretch	10 x 3	12 x 3	15 x 3	30 sec
Shoulder Rolls	10 x 3	12 x 3	15 x 3	30 sec
Hamstring Stretch	10 x 3	12 x 3	15 x 3	30 sec
Cat-Cow Stretch	10 x 3	12 x 3	15 x 3	30 sec
Child's Pose	10 x 3	12 x 3	15 x 3	30 sec
Downward Dog	10 x 3	12 x 3	15 x 3	30 sec
Day 3				
REST				
Day 4				
RESISTANCE TRAINING	Week 1	Week 5	Week 9	Rest
Squats	10 x 3	12 x 3	15 x 3	60 sec
Lunges	10 x 3	12 x 3	15 x 3	60 sec
Deadlifts	10 x 3	12 x 3	15 x 3	60 sec
Bicep Curls	10 x 3	12 x 3	15 x 3	60 sec
Rows	10 x 3	12 x 3	15 x 3	60 sec
Day 5				
HIIT	Week 1	Week 5	Week 9	Rest
Jump Squats	30s x 3	45s x 3	60s x 3	30 sec
High Knees	30s x 3	45s x 3	60s x 3	30 sec
Plank Jacks	30s x 3	45s x 3	60s x 3	30 sec
Burpees	30s x 3	45s x 3	60s x 3	30 sec
Day 6				
MOBILITY	Week 1	Week 5	Week 9	Rest
Hip Bridges	10 x 3	12 x 3	15 x 3	30 sec
Leg Swings	10 x 3	12 x 3	15 x 3	30 sec
Hip Flexor Stretch	10 x 3	12 x 3	15 x 3	30 sec
Shoulder Rolls	10 x 3	12 x 3	15 x 3	30 sec
Hamstring Stretch	10 x 3	12 x 3	15 x 3	30 sec
Cat-Cow Stretch	10 x 3	12 x 3	15 x 3	30 sec
Child's Pose	10 x 3	12 x 3	15 x 3	30 sec
Downward Dog	10 x 3	12 x 3	15 x 3	30 sec
Day 7				
RESISTANCE TRAINING	Week 1	Week 5	Week 9	Rest
Squats	10 x 3	12 x 3	15 x 3	60 sec
Side Lunges	10 x 3	12 x 3	15 x 3	60 sec
Deadlifts	10 x 3	12 x 3	15 x 3	60 sec
Triceps Cable Push-Downs	10 x 3	12 x 3	15 x 3	60 sec
Dumbbell Shoulder Press	10 x 3	12 x 3	15 x 3	60 sec

PHASE 2: Follicular Phase (WEEKS 2, 6, 10)				
Day 1				
HIIT	Week 2	Week 6	Week 10	Rest
Jumping Jacks	30s x 3	45s x 3	60s x 3	30 sec
High Knees	30s x 3	45s x 3	60s x 3	30 sec
Mountain Climbers	30s x 3	45s x 3	60s x 3	30 sec
Plank Jacks	30s x 3	45s x 3	60s x 3	30 sec
Box Jumps	30s x 3	45s x 3	60s x 3	30 sec
Burpees	30s x 3	45s x 3	60s x 3	30 sec
Renegade Rows	30s x 3	45s x 3	60s x 3	30 sec
Ball Slams	30s x 3	45s x 3	60s x 3	30 sec
Day 2				
MOBILITY	Week 2	Week 6	Week 10	Rest
Hip Bridges	10 x 3	12 x 3	15 x 3	30 sec
Leg Swings	10 x 3	12 x 3	15 x 3	30 sec
Hip Flexor Stretch	10 x 3	12 x 3	15 x 3	30 sec
Shoulder Rolls	10 x 3	12 x 3	15 x 3	30 sec
Hamstring Stretch	10 x 3	12 x 3	15 x 3	30 sec
Cat-Cow Stretch	10 x 3	12 x 3	15 x 3	30 sec
Child's Pose	10 x 3	12 x 3	15 x 3	30 sec
Downward Dog	10 x 3	12 x 3	15 x 3	30 sec
Day 3				
REST				
Day 4				
RESISTANCE TRAINING (LOWER BODY)	Week 2	Week 6	Week 10	Rest
Squats	10 x 3	12 x 3	15 x 3	60 sec
Lunges	10 x 3	12 x 3	15 x 3	60 sec
Deadlifts	10 x 3	12 x 3	15 x 3	60 sec
Seated Leg Extensions	10 x 3	12 x 3	15 x 3	60 sec
Seated Leg Curls	10 x 3	12 x 3	15 x 3	60 sec
Adductor Machine	10 x 3	12 x 3	15 x 3	60 sec
Abductor Machine	10 x 3	12 x 3	15 x 3	60 sec
Side Lunges	10 x 3	12 x 3	15 x 3	60 sec
Day 5				
HIIT	Week 2	Week 6	Week 10	Rest
Battle Ropes	30s x 3	45s x 3	60s x 3	30 sec
Ball Slams	30s x 3	45s x 3	60s x 3	30 sec
V-ups	30s x 3	45s x 3	60s x 3	30 sec
Mountain Climbers	30s x 3	45s x 3	60s x 3	30 sec
Day 6				
MOBILITY	Week 2	Week 6	Week 10	Rest
Hip Bridges	10 x 3	12 x 3	15 x 3	30 sec
Leg Swings	10 x 3	12 x 3	15 x 3	30 sec
Hip Flexor Stretch	10 x 3	12 x 3	15 x 3	30 sec
Shoulder Rolls	10 x 3	12 x 3	15 x 3	30 sec
Hamstring Stretch	10 x 3	12 x 3	15 x 3	30 sec
Cat-Cow Stretch	10 x 3	12 x 3	15 x 3	30 sec
Child's Pose	10 x 3	12 x 3	15 x 3	30 sec
Downward Dog	10 x 3	12 x 3	15 x 3	30 sec
Day 7				
RESISTANCE TRAINING (UPPER BODY)	Week 2	Week 6	Week 10	Rest
Seated Rows	10 x 3	12 x 3	15 x 3	60 sec
Lat Pull-Downs	10 x 3	12 x 3	15 x 3	60 sec
Tricep Pushdowns With Cable	10 x 3	12 x 3	15 x 3	60 sec
Dumbbell Bicep Curls	10 x 3	12 x 3	15 x 3	60 sec
Dumbbell Shoulder Press	10 x 3	12 x 3	15 x 3	60 sec
Barbell Bench Press	10 x 3	12 x 3	15 x 3	60 sec
Dumbbell Lateral Raises	10 x 3	12 x 3	15 x 3	60 sec
Dumbbell Front Raises	10 x 3	12 x 3	15 x 3	60 sec

12 WEEK WEIGHT LOSS GYM ROUTINE FOR FEMALES PDF

PHASE 3: Ovulatory Phase (WEEKS 3, 7, 11)				
Day 1				
HIIT	Week 3	Week 7	Week 11	Rest
Jumping Jacks	30s x 4	45s x 4	60s x 4	30 sec
High Knees	30s x 4	45s x 4	60s x 4	30 sec
Mountain Climbers	30s x 4	45s x 4	60s x 4	30 sec
Plank Jacks	30s x 4	45s x 4	60s x 4	30 sec
Box Jumps	30s x 4	45s x 4	60s x 4	30 sec
Ball Slams	30s x 4	45s x 4	60s x 4	30 sec
Battle Ropes	30s x 4	45s x 4	60s x 4	30 sec
Bicycle Crunches	30s x 4	45s x 4	60s x 4	30 sec
V-ups	30s x 4	45s x 4	60s x 4	30 sec
Day 2				
RESISTANCE TRAINING (LOWER BODY)	Week 3	Week 7	Week 11	Rest
Squats	10 x 4	12 x 4	15 x 4	60 sec
Lunges	10 x 4	12 x 4	15 x 4	60 sec
Deadlifts	10 x 4	12 x 4	15 x 4	60 sec
Seated Leg Extensions	10 x 4	12 x 4	15 x 4	60 sec
Seated Leg Curls	10 x 4	12 x 4	15 x 4	60 sec
Adductor Machine	10 x 4	12 x 4	15 x 4	60 sec
Abductor Machine	10 x 4	12 x 4	15 x 4	60 sec
Side Lunges	10 x 4	12 x 4	15 x 4	60 sec
Day 3				
REST				
Day 4				
RESISTANCE TRAINING (UPPER BODY)	Week 3	Week 7	Week 11	Rest
Seated Rows	10 x 4	12 x 4	15 x 4	60 sec
Lat Pull-Downs	10 x 4	12 x 4	15 x 4	60 sec
Tricep Pushdowns With Cable	10 x 4	12 x 4	15 x 4	60 sec
Dumbbell Bicep Curls	10 x 4	12 x 4	15 x 4	60 sec
Dumbbell Shoulder Press	10 x 4	12 x 4	15 x 4	60 sec
Barbell Bench Press	10 x 4	12 x 4	15 x 4	60 sec
Dumbbell Lateral Raises	10 x 4	12 x 4	15 x 4	60 sec
Dumbbell Front Raises	10 x 4	12 x 4	15 x 4	60 sec
Day 5				
REST				
Day 6				
HIIT	Week 3	Week 7	Week 11	Rest
Jump Squats	30s x 4	45s x 4	60s x 4	30 sec
High Knees	30s x 4	45s x 4	60s x 4	30 sec
Plank Jacks	30s x 4	45s x 4	60s x 4	30 sec
Burpees	30s x 4	45s x 4	60s x 4	30 sec
Battle Ropes	30s x 4	45s x 4	60s x 4	30 sec
Bicycle Crunches	30s x 4	45s x 4	60s x 4	30 sec
V-ups	30s x 4	45s x 4	60s x 4	30 sec
Day 7				
MOBILITY	Week 3	Week 7	Week 11	Rest
Hip Bridges	10 x 3	12 x 3	15 x 3	30 sec
Leg Swings	10 x 3	12 x 3	15 x 3	30 sec
Hip Flexor Stretch	10 x 3	12 x 3	15 x 3	30 sec
Shoulder Rolls	10 x 3	12 x 3	15 x 3	30 sec
Hamstring Stretch	10 x 3	12 x 3	15 x 3	30 sec
Cat-Cow Stretch	10 x 3	12 x 3	15 x 3	30 sec
Child's Pose	10 x 3	12 x 3	15 x 3	30 sec
Downward Dog	10 x 3	12 x 3	15 x 3	30 sec

PHASE 4: Luteal Phase (WEEKS 4, 8, 12)				
Day 1				
HIIT	Week 4	Week 8	Week 12	Rest
Jumping Jacks	30s x 3	45s x 3	60s x 3	30 sec
High Knees	30s x 3	45s x 3	60s x 3	30 sec
Mountain Climbers	30s x 3	45s x 3	60s x 3	30 sec
Plank Jacks	30s x 3	45s x 3	60s x 3	30 sec
Box Jumps	30s x 3	45s x 3	60s x 3	30 sec
Battle Ropes	30s x 3	45s x 3	60s x 3	30 sec
Day 2				
MOBILITY	Week 4	Week 8	Week 12	Rest
Hip Bridges	10 x 3	12 x 3	15 x 3	30 sec
Leg Swings	10 x 3	12 x 3	15 x 3	30 sec
Hip Flexor Stretch	10 x 3	12 x 3	15 x 3	30 sec
Shoulder Rolls	10 x 3	12 x 3	15 x 3	30 sec
Hamstring Stretch	10 x 3	12 x 3	15 x 3	30 sec
Cat-Cow Stretch	10 x 3	12 x 3	15 x 3	30 sec
Child's Pose	10 x 3	12 x 3	15 x 3	30 sec
Downward Dog	10 x 3	12 x 3	15 x 3	30 sec
Day 3				
REST				
Day 4				
RESISTANCE TRAINING (LOWER BODY)	Week 4	Week 8	Week 12	Rest
Squats	10 x 4	12 x 4	15 x 4	60 sec
Deadlifts	10 x 4	12 x 4	15 x 4	60 sec
Seated Leg Extensions	10 x 4	12 x 4	15 x 4	60 sec
Seated Leg Curls	10 x 4	12 x 4	15 x 4	60 sec
Adductor Machine	10 x 4	12 x 4	15 x 4	60 sec
Abductor Machine	10 x 4	12 x 4	15 x 4	60 sec
Day 5				
HIIT	Week 4	Week 8	Week 12	Rest
Jump Squats	30s x 4	45s x 4	60s x 4	30 sec
High Knees	30s x 4	45s x 4	60s x 4	30 sec
Plank Jacks	30s x 4	45s x 4	60s x 4	30 sec
Burpees	30s x 4	45s x 4	60s x 4	30 sec
Battle Ropes	30s x 4	45s x 4	60s x 4	30 sec
Mountain Climbers	30s x 4	45s x 4	60s x 4	30 sec
Day 6				
MOBILITY	Week 4	Week 8	Week 12	Rest
Hip Bridges	10 x 3	12 x 3	15 x 3	30 sec
Leg Swings	10 x 3	12 x 3	15 x 3	30 sec
Hip Flexor Stretch	10 x 3	12 x 3	15 x 3	30 sec
Shoulder Rolls	10 x 3	12 x 3	15 x 3	30 sec
Hamstring Stretch	10 x 3	12 x 3	15 x 3	30 sec
Cat-Cow Stretch	10 x 3	12 x 3	15 x 3	30 sec
Child's Pose	10 x 3	12 x 3	15 x 3	30 sec
Downward Dog	10 x 3	12 x 3	15 x 3	30 sec
Day 7				
RESISTANCE TRAINING (UPPER BODY)	Week 4	Week 8	Week 12	Rest
Seated Rows	10 x 4	12 x 4	15 x 4	60 sec
Lat Pull-Downs	10 x 4	12 x 4	15 x 4	60 sec
Dumbbell Bicep Curls	10 x 4	12 x 4	15 x 4	60 sec
Dumbbell Shoulder Press	10 x 4	12 x 4	15 x 4	60 sec
Barbell Bench Press	10 x 4	12 x 4	15 x 4	60 sec
Dumbbell Lateral Raises	10 x 4	12 x 4	15 x 4	60 sec