



# Fat Loss — 6 Week Training Program

(BODYWEIGHT ONLY, WITH OPTIONAL DUMBBELL [DB] EXERCISES)

## Special Instructions:

This six-week strength gain training program includes three full-body, bodyweight-only workouts (along with progressions for each). Below are instructions for which workouts to do based on the number of days you work out each week.

2 DAYS PER WEEK	3 DAYS PER WEEK	2-3 DAYS PER WEEK
Week 1: AB	Week 1: ABC	Week 1: AB
Week 2: CA	Week 2: ABC	Week 2: CAB
Week 3: BC	Week 3: ABC	Week 3: CA
Week 4: AB	Week 4: ABC	Week 4: BCA
Week 5: CA	Week 5: ABC	Week 5: BC
Week 6: BC	Week 6: ABC	Week 6: ABC

Throughout this program, numbers and letters are used to denote exercise order. If an exercise has the number 1 in front of it, it's in the first set of exercises you perform. The letters denote the order in which you perform the exercises in the set.

Some exercises are performed as a **superset**, paired together with another exercise. If there are three exercises performed in a series, that's a **triset**.

For example, Workout A begins with a superset. Exercise 1A is a Single-Leg Squat to Box and Exercise 1B is a Walkout or Walkout to Push-Up. That means you perform one set of Exercise 1A, rest 30–60 seconds, then Exercise 1B, rest 30–60 seconds,

and repeat until you've done the designated number of sets. Then you move on to the next set of exercises.

The set and repetition information is written in the following format: #sets x #reps x special instructions for reps. So in Workout B, Exercise 1A, 3 x 2 x 10–15 sec indicates 3 sets of 2 reps of a 10–15-second hold.

<b>Workout A - Full Body</b>		<b>WEEKS 1-2</b>	<b>WEEKS 3-4</b>	<b>WEEKS 5-6</b>	<b>REST</b>
<b>1A</b>	<u>Single-Leg Squat to Box</u>	3 x 8–10/side	3–4 x 8–10/side	4 x 10/side	30-60 sec
<b>1B</b>	<u>Walkout</u> or <u>Walkout to Push-Up</u>	3 x 6–10	3–4 x 8–10	4 x 8–12	

*To be clear, in order to lose body fat, you must be in an energy deficit, which can be created through nutrition, exercise, or a combination of the two.*

# Workout A - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>Single-Leg Squat to Box</u>	3 x 8-10/side	3-4 x 8-10/side	4 x 10/side	30-60 sec
1B	<u>Walkout</u> or <u>Walkout to Push-Up</u>	3 x 6-10	3-4 x 8-10	4 x 8-12	30-60 sec
2A	<u>Reverse Lunge</u> or <u>Reverse Lunge Off Step</u>	3 x 8-10/side	3-4 x 8-10/side	4 x 10/side	30-60 sec
2B	<u>YTLI Raises</u>	3 x 6-8/ each letter	3-4 x 6-8/ each letter	4 x 6-8/ each letter	30-60 sec
3A	<u>Single-Leg Hip Thrust</u> or <u>DB Single-Leg Hip Thrust</u>	3 x 10-12/side	3-4 x 10-12/side	4 x 12/side	30-60 sec
3B	<u>Reverse Trunk Twist with Legs Extended</u>	3 x 8-10/side	3-4 x 8-10/side	3-4 x 10/side	30-60 sec

## WORKOUT NOTES

# Workout B - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>*Paused Bodyweight Squat</u> or <u>Paused Squat Jump</u>	3 x 2 x 10-15 sec or 3 x 6-10 x 1-3 sec	3-4 x 2 x 15-20 sec or 3 x 6-10 x 2-3 sec	4 x 2 x 20 sec or 3 x 6-10 x 2-3 sec	30-60 sec
1B	<u>High Plank Switches</u> or <u>Marching Front Plank</u>	3 x 6-8/side	3-4 x 6-8/side	4 x 6-8/side	
2A	<u>Lateral Squat</u> or <u>DB Lateral Squat</u>	3 x 8-10/side	3-4 x 8-10/side	4 x 10/side	30-60 sec
2B	<u>Wall Slide</u>	3 x 8-10	3-4 x 8-10	4 x 10	30-60 sec
3A	<u>Alternating Prone Back Extension</u>	3 x 8-10/side	3-4 x 8-10/side	4 x 10/side	30-60 sec
3B	<u>Bear Crawl (Forward and Backward)</u>	3 x 6-10 steps/arm	3-4 x 6-10 steps/arm	4 x 8-10 steps/arm	30-60 sec

\*3 x 2 x 10-15 sec = 3 sets of 2 reps of 10-15-second holds

## WORKOUT NOTES



# Workout C - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>Bodyweight Step-Up to Curtsy Lunge</u> or <u>DB Step-Up to Curtsy Lunge</u>	3 x 8-10/side	3-4 x 8-10/side	4 x 10/side	30-60 sec
1B	<u>Downward Dog to High Plank</u> or <u>Downward Dog Push-Up</u>	3 x 8-10	3-4 x 8-10	4 x 10	
2A	<u>Single-Leg Romanian Deadlift</u> or <u>DB Single-Leg Romanian Deadlift</u>	3 x 8-10/side	3-4 x 8-10/side	4 x 10/side	30-60 sec
2B	<u>Front Plank with Alternating Weight Shift</u>	3 x 8-10/side	3-4 x 8-10/side	4 x 10/side	
3A	<u>Single-Leg Glute Bridge</u> or <u>Single-Leg Foot-Elevated Glute Bridge</u>	3 x 10-15/side	3-4 x 10-15/side	4 x 15/side	
3B	<u>Bird Dog</u>	3 x 8-10/side	3-4 x 10-15/side	4 x 10/side	30-60 sec
3C	<u>Hand Taps</u> or <u>Shoulder Taps</u>	3 x 8-10/side	3-4 x 8-10/side	4 x 10/side	

## WORKOUT NOTES

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