



### Weight loss Female-Beginner (F3010)

Exercise	Sets & Reps
Body Weight Squats	3 X 6
Dumbbell Bench Press	3 X 6
Dumbbell Row	3 X 6
Lying Isometric Y	30 sec
Box Step-Ups(each Leg)	1 X 10
Plank	5 min



### Weight loss Female-Beginner (F3011)

Exercise	Sets & Reps
Sit-Ups	3 X 6
Burpees	3 X 6
Push ups	3 X 6
Elliptical Trainer	10 mins
Stationary Rowing	10 mins
Plank	5 min



### Weight Loss Female-Intermediate (F3020)

Exercise	Sets & Reps
Body Weight Squats	3 X 10
Dumbbell Row	3 X 10
Running on Treadmill	10 mins
Elliptical Trainer	10mins
Burpees	3 X 10
Barbell Bench press	3 X 6



### Weight Loss Female-Intermediate (F3021)

Exercise	Sets & Reps
Running on Treadmill	10 mins
Rope Jumping	6 mins
Push ups	3 X 10
Walking on Treadmill	10 mins
Barbell Lunge	3 X 6
Plank	5 min



### Muscle Gain Female-Intermediate (F2022)

Exercise	Sets & Reps
Dumbbell Lateral Raise	3 X 10
Dumbbell Flye	3 X 10
Barbell Bent-over Row	3 X 10
Barbell Bench press	3 X 10
Overhead Dumbbell Press	3 X 10
Leg Press	3 X 10
Lying Leg Curl	3 X 10
Seated Leg Curl	3 X 10
Seated Calf Raise	3 X 10



### Weight Loss Female-Advance (F3030)

Exercise	Sets & Reps
Barbell Bench Press	3 X 6
Barbell Lunge	3 X 10
Bent Over Rows	10mins
Sit-Ups	3 X 10
Barbell Squats	10 mins
Stationary Rowing	10 mins



### Weight Loss Female-Advance (F3031)

Exercise	Sets & Reps
Push-ups	3 X 10
Barbell Squats	3 X 6
Burpees	3 X 10
Barbell Lunge	3 X 6
Barbell Bench Press	3 X 6
Sit-ups	3 X 10



### Weight Loss Female- Professional (F3040)

Exercise	Sets & Reps
Push ups	3 X 6
Barbell Bench Press	3 X 6
Deadlift	3 X 6
Barbell Lunge	3 X 6
Bent Over Rows	3 X 6
Chin ups	3 X 6



## Weight Loss Female- Professional (F3041)

Exercise	Sets & Reps
Sit up	3 X 10
Battle ropes	10 mins
Barbell Rollouts	3 X 10
Clean and Press	3 X 6
Barbell Squats	3 X 6
Barbell Bench Press	3 X 6