



Thrive: Female Fat
Loss Program

Day 1 – Back

- 1 x 16 Barbell Shrug
- 1 x 16 Dumbbell Raise
- 1 x 16 Deadlift
- 1 x 16 Bent Over-Rows
- 1 x 6 Pull-Ups

Day 2 - Chest

- 1 x 6 Bench Press
- 1 x 16 Pec Flys
- 1 x 6 Incline Bench
- 1 x 16 Decline Dumbbell Bench Press

Day 1 - Legs

- 1 x 16 Barbell Squat
- 1 x 16 Leg Extension
- 1 x 16 Dumbbell Lunges
- 1 x 16 Front Squats

Cardio Details: 15 minutes HIIT 4 days/wk.

Rest times b/w sets: 1 minute.

Day 4 – Arms And Shoulders

- 1 x 16 Military Press
- 1 x 16 EZ Bar Bicep Curls
- 1 x 16 Overhead Tricep Extensions
- 1 x 16 Chin-Ups

Second 2 Weeks

*This phase focuses on volume to induce **hypertrophy**. Ensure you're lifting a weight that leaves you fatigued by the end of each set.*

Day 1 – Back

- 1 x 12 Barbell Shrug
- 1 x 12 Dumbbell Raise
- 1 x 10 Deadlift
- 1 x 12 Bent Over-Rows

- 1 x 10 Pull Ups

Day 2 – Chest

- 1 x 10 Bench Press
- 1 x 12 Pec Flys
- 1 x 10 Incline Bench
- 1 x 12 Decline Dumbbell Bench Press

Day 1 - Legs

- 1 x 10 Barbell Squat
- 1 x 12 Leg Extension
- 1 x 12 Dumbbell Lunges
- 1 x 12 Front Squats
- 1 x 12 Seated Leg Curls

Day 4 – Arms And Shoulders

- 1 x 12 Military Press
- 1 x 12 EZ Bar Bicep Curls
- 1 x 12 Overhead Tricep Extensions
- 1 x 12 Dumbbell Shrugs
- 1 x 10 Chin-Ups

By running this program over the course of a few months, you should start to see great results. Ensure your protein intake is high, as your body can only build muscle in the presence of amino acids.