

3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Female]

Name:		Assessment date:
Age:		Weight:
Waist (ins):	BMR:	BMI:
FAT %:	WATER:	BONE:
MUSCLE:		

**Day 1 of 3**

- Click images to open the demo video and exercise description.
- Rest 90 seconds to 2 minutes between sets.



**Elliptical or Rowing Machine**

Zone 2 intensity  
Time: 8–10 minutes

**1. KETTLEBELL CLEAN WALK**



**Progressive Overload Plan**

Rest 90 seconds to 2 minutes between sets.

10 m LENGTHS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Female	2x 8kgs 10 lengths	2x 8kgs 12 lengths	2x 12kgs 8 lengths	2x 12kgs 10 lengths	2x 14kgs 8 lengths	2x 8kgs 10 lengths

**2. WALKING LUNGES**



10 m LENGTHS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Female	8kg weights p/hand 8 lengths	8kg weights p/hand 10 lengths	9kg weights p/hand 8 lengths	9kg weights p/hand 10 lengths	10kg weights p/hand 8 lengths	10kg weights p/hand 10 lengths

**3. STRAIGHT ARM LAT PULLDOWNS**




3 SETS of 10	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Female	8 reps 5- 8 kgs p/side	10 reps 5- 8 kgs p/side	8 reps 8- 10 kgs p/side	10 reps 8- 10 kgs p/side	8 reps 10- 12kgs p/side	10 reps 10- 12kgs p/side

3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Female]

<b>4.STRAIGHT ARM LAT PULLDOWN</b>	<b>3 SETS</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
	<b>Female</b>	<b>8 reps</b> 16-20 Kgs	<b>10 reps</b> 16-20 Kgs	<b>8 reps</b> 20-24 Kgs	<b>10 reps</b> 20-24 Kgs	<b>8 reps</b> 24-28 Kgs	<b>10 reps</b> 24-28 Kgs
<b>5.CABLE PALLOFS</b>	<b>3 x SETS</b> p/side	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
	<b>Female</b>	<b>8 reps</b> 8-10kgs p/side	<b>10 reps</b> 8-10kgs p/side	<b>8 reps</b> 10-12kgs p/side	<b>10 reps</b> 10-12kgs p/side	<b>8 reps</b> 12-16kgs p/side	<b>10 reps</b> 12-16kgs p/side
<b>6. CABLE KICKBACKS</b>	<b>2 SETS</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
	<b>Female</b>	<b>10 reps</b> 9-12kgs p/side	<b>12 reps</b> 9-12kgs p/side	<b>10 reps</b> 12-15kgs p/side	<b>12 reps</b> 12-15kgs p/side	<b>10 reps</b> 16-19kgs p/side	<b>12 reps</b> 16-19kgs p/side
<b>7. CABLE CRUNCHES</b>	<b>3 SETS</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
	<b>Female</b>	<b>8 reps</b> 15-18kgs p/side	<b>10 reps</b> 15-18kgs p/side	<b>8 reps</b> 19-22kgs p/side	<b>10 reps</b> 19-22kgs p/side	<b>8 reps</b> 23-25kgs p/side	<b>10 reps</b> 23-25kgs p/side
<b>8.OVERHEAD TRICEPS EXTENSION</b>	<b>3 SETS</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
	<b>Female</b>	<b>8 reps</b> 5-8kgs p/side	<b>10 reps</b> 5-8kgs p/side	<b>8 reps</b> 8-12kgs p/side	<b>10 reps</b> 8-12kgs p/side	<b>8 reps</b> 12-15kgs p/side	<b>10 reps</b> 12-15kgs p/side

# 3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Female]

BATTLE ROPE – ALTERNATING WAVES								
	1:1 interval	5 x 20 sec waves	6 x 20 sec waves	7 x 20 sec waves	8 x 20 sec waves	9 x 20 sec waves	10 x 20 sec waves	
		20 sec intervals	20 sec intervals	30 sec intervals	30 sec intervals	30 sec intervals	30 sec intervals	30 sec intervals

Cool Down Stretches	Hold & pulse each 30-60 sec
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### DISCIPLINE FOCUS CONSISTENCY RESULTS

## GOOD MORNING STRETCH

FORM CUES

- 1. NEUTRAL NECK**  
Keep your neck in a neutral position with your gaze down.
- 2. CHEST PROUD**  
Lift your chest and keep your back flat.
- 3. PUSH HIPS BACK**  
Hinge from your hips by pushing them back, while maintaining a flat back.
- 4. FEEL THE STRETCH**  
Feel a stretch in your hamstrings while keeping a slight bend in your knees.

**KEY POINTS**

- Hinge from the hips
- Keep your back flat
- Core tight
- Weight through mid-foot and heels
- Stop when you lose spinal neutrality

**TO STAND**

- Drive hips forward
- Squeeze glutes at the top
- Stand tall without overextending your lower back

### DISCIPLINE FOCUS CONSISTENCY RESULTS

## WORLD'S GREATEST STRETCH

FORM CUES

- 1. REACH UP**  
Reach your arm toward the ceiling and follow your hand with your eyes.
- 2. OPEN YOUR CHEST**  
Rotate your torso and open up your chest toward the sky.
- 3. EXTEND YOUR HIPS**  
Keep your back flat, straight and actively push your heel back.
- 4. DEEP LUNGE**  
Step your foot outside your hand and sink into a deep lunge.
- 5. HAND TO THE GROUND**  
Place your hand inside your foot to create a stable base.

**KEY POINTS**

- Move with control
- Keep your core engaged
- Breathe and flow
- Feel the stretch in your hips, groin, and thoracic spine
- Switch sides and repeat

**TO STAND**

- Press through your front heel
- Bring your back foot forward
- Stand tall and reset
- Repeat on the other side

### DISCIPLINE FOCUS CONSISTENCY RESULTS

## CAT COW

MOBILITY & SPINAL FLEXIBILITY

- 1. CAT**  
Round your back toward the ceiling, as you tuck your chin to your chest.
- 2. COW**  
Drop your belly toward the floor, lift your chest and tailbone toward the ceiling, and look slightly up.

**KEY POINTS**

- Move with control
- Breathe and flow
- Focus on spinal movement
- Engage your core
- Feel the stretch and release tension

**HOW TO PERFORM**

- Start on your hands and knees in a neutral position.
- Inhale as you drop into Cow.
- Exhale as you round into Cat.
- Repeat for 5-10 slow, controlled breaths.

**WHY IT MATTERS:** Improves spinal mobility, relieves tension in the back and neck, and helps with posture and movement efficiency.

### DISCIPLINE FOCUS CONSISTENCY RESULTS

## CHILD'S POSE

STRETCH & RELAX

- EXTEND YOUR ARMS**  
Reach your arms forward and place your hands on the floor.
- ROUND YOUR BACK**  
Gently round your spine and relax your back.
- SIT YOUR HIPS BACK**  
Sit your hips back toward your heels.
- RELAX YOUR HEAD**  
Rest your forehead on the floor and relax your neck.

**KEY BENEFITS**

- Relaxes tension in your back, shoulders, and neck
- Improves flexibility and mobility
- Promotes relaxation and stress relief
- Supports recovery and overall well-being

**HOW TO PERFORM**

- Start on your hands and knees.
- Sit your hips back toward your heels.
- Extend your arms forward and lower your chest.
- Rest your forehead on the floor.
- Breathe deeply and relax.

**QUICK TIPS**

- Breathe deeply and relax.
- Let go of tension with each breath.
- Stay in the stretch for 30-60 seconds or longer.

**REMEMBER:** This is your time to reset. Breathe, relax, and let your body recover.

## Day 2 of 3

- Click images to open the demo video and exercise description.
- Rest 90 seconds to 2 minutes between sets.



### Elliptical or Rowing Machine

Zone 2 intensity

Time: 8–10 minutes

### 1. BACK SQUAT (Smith Machine)



#### Progressive Overload Plan

Rest 90 seconds to 2 minutes between sets.

3 x 10 Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Female	Bar only	10kgs	12.5kgs	15kgs	17.5 kgs	20 kgs

### 2. SINGLE ARM BENCH ROW



3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Female	8 reps 5kgs p/arm	10 reps 5kgs p/arm	8 reps 7.5kgs p/arm	10 reps 7.5kgs p/arm	8 reps 10kgs p/arm	10 reps 10kgs p/arm

### 3. BACK EXTENSIONS



3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Female	8 reps 0 weight	10 reps 0 weight	8 reps 5kgs weight	10 reps 5kgs weight	8 reps 10kgs weight	10 reps 10kgs weight

3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Female]

<p><b>4.CHIN UPS</b></p> 	<p>3 SETS</p>	<p>Week 1</p>	<p>Week 2</p>	<p>Week 3</p>	<p>Week 4</p>	<p>Week 5</p>	<p>Week 6</p>
<p><b>5.SEATED CABLE ROW</b></p> 	<p>3 SETS</p>	<p>Week 1</p>	<p>Week 2</p>	<p>Week 3</p>	<p>Week 4</p>	<p>Week 5</p>	<p>Week 6</p>
<p><b>7.LEG PRESS</b></p> 	<p>3 SETS</p>	<p>Week 1</p>	<p>Week 2</p>	<p>Week 3</p>	<p>Week 4</p>	<p>Week 5</p>	<p>Week 6</p>
<p><b>Stairmaster 15 min</b></p> 	<p>Pace 22 gradient 24</p>	<p>Pace 22 gradient 24</p>	<p>Pace 24 gradient 24</p>	<p>Pace 24 gradient 24</p>	<p>Pace 24 gradient 26</p>	<p>Pace 24 gradient 26</p>	

# 3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Female]

**Cool Down Stretches** | **Hold & pulse each 30-60 sec**

### DISCIPLINE FOCUS CONSISTENCY RESULTS

## GOOD MORNING STRETCH

FORM CUES

- 1. NEUTRAL NECK**  
Keep your neck in a neutral position with your gaze down.
- 2. CHEST PROUD**  
Lift your chest and keep your back flat.
- 3. PUSH HIPS BACK**  
Hinge from your hips by pushing them back while maintaining a flat back.
- 4. FEEL THE STRETCH**  
Feel a stretch in your hamstrings while keeping a slight bend in your knees.

**KEY POINTS**

- Hinge from the hips
- Keep your back flat
- Core tight
- Weight through mid-foot and heels
- Stop when you lose spinal neutrality

**TO STAND**

- Drive hips forward
- Squeeze glutes at the top
- Stand tall without overextending your lower back

### DISCIPLINE FOCUS CONSISTENCY RESULTS

## WORLD'S GREATEST STRETCH

FORM CUES

- 1. REACH UP**  
Reach your arm toward the ceiling and follow your hand with your eyes.
- 2. OPEN YOUR CHEST**  
Rotate your torso and open up your chest toward the sky.
- 3. EXTEND YOUR HIPS**  
Keep your back leg straight and actively push your heel back.
- 4. DEEP LUNGE**  
Step your foot outside your hand and sink into a deep lunge.
- 5. HAND TO THE GROUND**  
Place your hand inside your foot to create a stable base.

**KEY POINTS**

- Move with control
- Keep your core engaged
- Diagnose and flow
- Feel the stretch in your hips, groin, and thoracic spine
- Switch sides and repeat

**TO STAND**

- Press through your front heel
- Bring your back foot forward
- Stand tall and reset
- Repeat on the other side

### DISCIPLINE FOCUS CONSISTENCY RESULTS

## COUCH STRETCH

— HIP FLEXOR MOBILITY —

Improve hip mobility, reduce tightness, and enhance performance.

- 1. TALL CHEST**  
Keep your chest up and shoulders back.
- 2. TUCK PELVIS**  
Stabilize and your pelvis by tucking your glutes.
- 3. DRIVE HIPS FORWARD**  
Curl your hips forward and you feel a stretch in the front of your hip.
- 4. KNEE POSITION**  
Keep your back knee on the ground and your arm along the couch.

**MUSCLES TARGETED**

- Hip Flexors (Psoas & Rectus)
  - Quadriceps
  - Rectus Femoris
  - TFL

**KEY BENEFITS**

- Improves hip flexor mobility
- Reduces lower back and tightness
- Enhances posture
- Supports athletic performance
- Helps prevent injuries

**HOW TO PERFORM**

- Kneel on the floor with your back knee against a couch, bench, or elevated surface.
- Place the top of your back foot on the couch.
- Step your front foot forward to a 90-degree knee angle.
- Tuck your pelvis slightly and squeeze your glute.
- Drive your hips forward until you feel a stretch in the front of your hip.
- Hold, then switch sides.

**QUICK TIPS**

- Keep your core engaged
- Don't overarch your lower back
- Alternate slowly and sides
- Hold for 30-60 seconds per side

**REMEMBER:** Consistency is key! Add the couch stretch to your routine to move and feel better every day.

### DISCIPLINE FOCUS CONSISTENCY RESULTS

## DOWNWARD DOG

— STRETCH & LENGTHEN —

A full-body stretch that lengthens your spine, opens your shoulders and hips, and improves mobility.

- 1. HANDS SHOULDER WIDTH APART**  
Spread your fingers wide and press through your palms.
- 2. LENGTHEN YOUR SPINE**  
Push the floor away and create a straight line from your wrists to your hips.
- 3. HIPS HIGH**  
Lift your hips up and back toward the ceiling.
- 4. LESS STRAIGHT (SOFT KNEES)**  
Keep a slight bend in your knees if needed.
- 5. HEELS TOWARD THE FLOOR**  
Push your heels down toward the floor.
- 6. RELAX YOUR HEAD**  
Let your head hang between your arms and breathe.

**KEY BENEFITS**

- Stretches hamstrings, calves, glutes, and back
- Improves spine decompression
- Enhances mobility and flexibility
- Improves circulation and reduces tension
- Supports recovery and stress relief

**HOW TO PERFORM**

- Start on your hands and knees.
- Tuck your toes and lift your hips up and back.
- Press through your heels and lengthen your spine.
- Straighten your legs (so far as you can) and drag your heels toward the floor.
- Push your heels up, down, and back.
- Hold and breathe deeply.

**QUICK TIPS**

- Focus on long, slow breaths.
- Keep your core engaged.
- Lead your knees if your hamstrings are tight.
- Move your hands or feet to find what feels best.

## Day 3 of 3

- Click images to open the demo video and exercise description.
- Rest 90 seconds to 2 minutes between sets.



### Elliptical or Rowing Machine

Zone 2 intensity  
Time: 8-10 minutes

### 1. DUMBBELL RDL



### Progressive Overload Plan

Rest 90 seconds to 2 minutes between sets.

3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Female	8 reps 8kgs p/hand	10 reps 8kgs p/hand	6 reps 10 kgs p/hand	8 reps 10 kgs p/hand	10 reps 12 kgs p/hand	6 reps 12 kgs p/hand
3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Female	8 reps only p/lead leg Bar only	10 reps only p/lead leg Bar only	8 reps only p/lead leg 10kgs	10 reps only p/lead leg 10kgs	8 reps only p/lead leg 20kgs	10 reps only p/lead leg 20kgs
3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Female	8 reps 7.5 kgs p/arm	10 reps 7.5 kgs p/arm	8 reps 10 kgs p/arm	10 reps 10 kgs p/arm	8 reps 12.5 kgs p/arm	10 reps 12.5 kgs p/arm


### 2. BACK SQUAT SMITH MACHINE)



### 3. GOBLET SUMO SQUATS



3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Female]

<p><b>4. ARNOLD SHOULDER PRESS</b></p> 	3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p><b>6. HAMSTRING CURLS</b></p> 	3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p><b>8. HIP EXTENSIONS</b></p> 	3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p><b>FINISHER</b> 15 Min Incline Treadmill walk</p> 		Pace 7-8 gradient 3.5	Pace 7-8 gradient 4	Pace 5 gradient 4.5	Pace 5 gradient 5	Pace 5 gradient 5.5	Pace 5 gradient 6

### 3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Female]

**Cool Down Stretches** Hold each 30-60 sec

#### PIGEON STRETCH

HIP MOBILITY & FLEXIBILITY

**1. START POSITION**  
Step one knee forward and bring that shin across your body. Extend your back leg straight behind you.

**2. STRETCH POSITION**  
Walk your hands forward and lower your chest toward the floor. Hold and breathe.

**TALL CHEST**  
Lift your chest and breathe your nose.

**SQUARE YOUR HIPS**  
Keep your hips as level as possible.

**EXTEND BACK LEG**  
Keep your back leg long with your toes pointing back.

**REACH FORWARD**  
Walk your hands forward to deepen the stretch.

**RELAX & BREATHE**  
Relax your upper body and breathe deeply.

**FEEL THE STRETCH**  
You should feel a stretch in your hip and glute.

**KEY POINTS**

- Move with control
- Breathe and relax
- Focus on hip mobility
- Engage your core
- Feel the stretch and release tension

**HOW TO PERFORM**

- Start in a tabletop position.
- Bring one knee forward and place your shin across your body.
- Extend your back leg straight behind you.
- Keep your hips square and your chest lifted.
- Walk your hands forward and lower your chest toward the floor.
- Hold the stretch for 30-60 seconds.
- Switch sides and repeat.

**WHY IT MATTERS:** Improves hip mobility, relieves tightness in the glutes and hips, and supports better movement and posture.

#### FROG STRETCH

OPEN HIPS & IMPROVE MOBILITY

A great stretch to improve hip mobility, groin flexibility, and lower body recovery.

**1. WIDE KNEES**  
Place your knees wide apart, wider than hip-width.

**2. TOES OUT**  
Turn your toes out slightly and keep your feet in line with your knees.

**3. SINK YOUR HIPS**  
Gently lower your hips toward the floor.

**4. CHEST DOWN**  
Walk your hands forward and lower your chest toward the ground.

**5. RELAX & BREATHE**  
Relax into the stretch and take slow, deep breaths.

**KEY BENEFITS**

- Improves hip and groin mobility
- Relieves tightness in the inner thighs
- Enhances lower body flexibility
- Supports squat depth and overall performance

**HOW TO PERFORM**

- Start on your hands and knees.
- Spread your knees wide and turn your toes out.
- Slowly lower your hips toward the floor.
- Walk your hands forward and lower your chest.
- Hold the stretch and breathe deeply.

**QUICK TIPS**

- Go only as deep as comfortable.
- Keep your core relaxed.
- Breathe deeply and hold for 30-60 seconds or longer.

#### DOWNWARD DOG

STRETCH & LENGTHEN

A full-body stretch that lengthens your spine, opens your shoulders and hips, and improves mobility.

**1. HANDS SHOULDER-WIDTH APART**  
Spread your fingers wide and press through your palms.

**2. LENGTHEN YOUR SPINE**  
Push the floor away and create a straight line from your wrists to your hips.

**3. HIPS HIGH**  
Lift your hips up and back toward the ceiling.

**4. FEEL STRAIGHT (SOFT KNEES)**  
Keep a slight bend in your knees if needed.

**5. HEELS TOWARD THE FLOOR**  
Relax your heels down toward the floor.

**6. RELAX YOUR HEAD**  
Let your head hang between your arms and breathe.

**KEY BENEFITS**

- Stretches hamstrings, calves, shoulders and back
- Improves spinal decompression
- Enhances mobility and flexibility
- Improves circulation and relieves tension
- Supports recovery and stress relief

**HOW TO PERFORM**

- Start on your hands and knees.
- Walk your toes and lift your hips up and back.
- Press through your heels and lengthen your spine.
- Straighten your legs (soften your knees if needed) and dip your heels toward the floor.
- Relax your head and back.
- Hold and breathe deeply.

**QUICK TIPS**

- Focus on long, deep breaths.
- Keep your core engaged.
- Bend your knees if your hamstrings are tight.
- Move your hands or feet to find what feels best.

#### CHILD'S POSE

STRETCH & RELAX

**EXTEND YOUR ARMS**  
Reach your arms forward and place your hands on the floor.

**ROUND YOUR BACK**  
Gently round your spine and relax your back.

**SIT YOUR HIPS BACK**  
Sit your hips back toward your heels.

**RELAX YOUR HEAD**  
Rest your forehead on the floor and relax your neck.

**KEY BENEFITS**

- Relieves tension in your back, shoulders, and neck
- Improves flexibility and stability
- Promotes relaxation and stress relief
- Supports recovery and overall well-being

**HOW TO PERFORM**

- Start on your hands and knees.
- Sit your hips back toward your heels.
- Extend your arms forward and lower your chest.
- Rest your forehead on the floor.
- Breathe slowly and relax.

**QUICK TIPS**

- Breathe deeply and relax.
- Let go of tension with each exhale.
- Stay in the stretch for 30-60 seconds or longer.

**REMEMBER:** This is your time to reset. Breathe, relax, and let your body recover.

### 13<sup>th</sup> Week Review

Review Date:		Assessment date:	
Weight:			
Waist (ins):	BMR:		BMI:
FAT %:	WATER:		BONE:
MUSCLE:			

Now take a  
**7 Day Rest**  
 from resistance training

## **Workout Plan Disclaimer**

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You should stop exercising immediately and seek appropriate medical advice if you experience pain, dizziness, shortness of breath, chest pain, or any other unusual symptoms.

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### 3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Female]

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