



Week 3

OVERVIEW



# WORKOUT PLAN

WEEK 3

## DAY #1 - FULL BODY

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SHOULDER TWIST + PRESS: 3 x 8 (Per Side)

DUMBBELL PUSH-UP + ROW: 3 x 8 (Per Side)

DEADLIFT + BICEP CURL: 3 x 12

HIP THRUST + TRICEP EXT: 3 x 12

## DAY #2 - UPPER BODY

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DB CURL TO PRESS: 3 x 12

ALTERNATING CHEST FLY: 3 x 12 (Per Side)

TRICEP KICKBACKS: 3 x 15

FLOOR WITH RAISES: 3 x 15

## DAY #3 - LOWER BODY

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AROUND THE WORLD LUNGES: 3 x 4 (Per Side)

WIDE RAISED HEEL SQUAT: 3 x 12

DONKEY KICKS: 3 x 12 (Per Side)

HIP BRIDGE ABDUCTION: 3 x 15



Day 1  
FULL BODY WORKOUTS



DAY 1

# SHOULDER TWIST + PRESS

3 SETS OF 8 (PER SIDE)

3



2



1



# PCOS WEIGHT LOSS

DAY 1

# PCOS WEIGHT LOSS

## DUMBBELL PUSH-UP + ROW

3 SETS OF 8 (PER SIDE)



DAY 1

# PCOS WEIGHT LOSS

## DEADLIFT + BICEP CURL

3 SETS OF 12

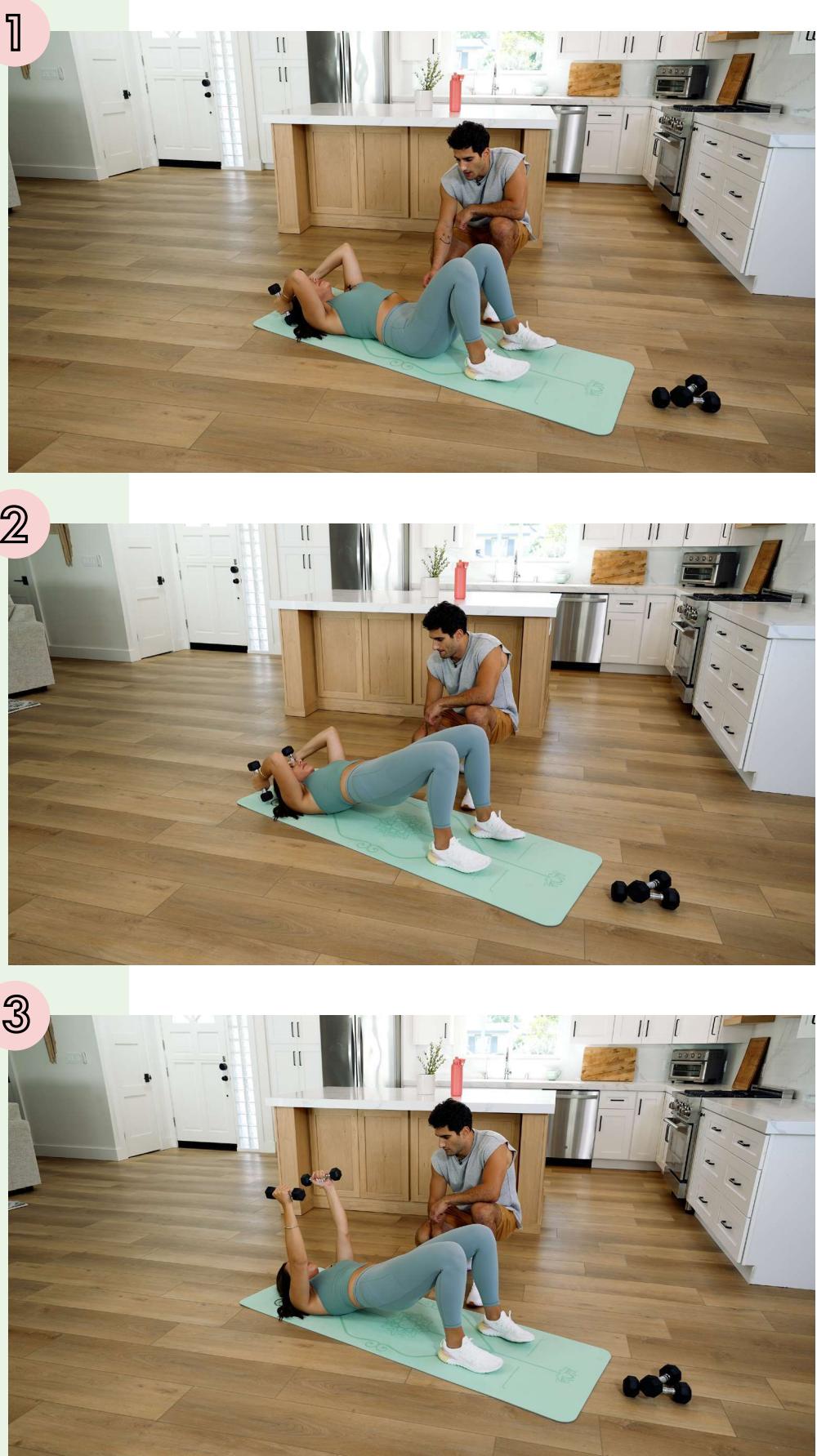


DAY 1

# PCOS WEIGHT LOSS

## HIP THRUST + TRICEP EXT

3 SETS OF 12





Day 2  
UPPER BODY WORKOUTS



DAY 2

# DB CURL TO PRESS

3 SETS OF 12

# PCOS WEIGHT LOSS

1



2



3



DAY 2

# ALTERNATING CHEST FLY

3 SETS OF 12 (PER SIDE)

# PCOS WEIGHT LOSS

1



2



3



DAY 2

# TRICEP KICKBACKS

3 SETS OF 15

3



2



1



# PCOS WEIGHT LOSS

DAY 2

# FLOOR W RAISES

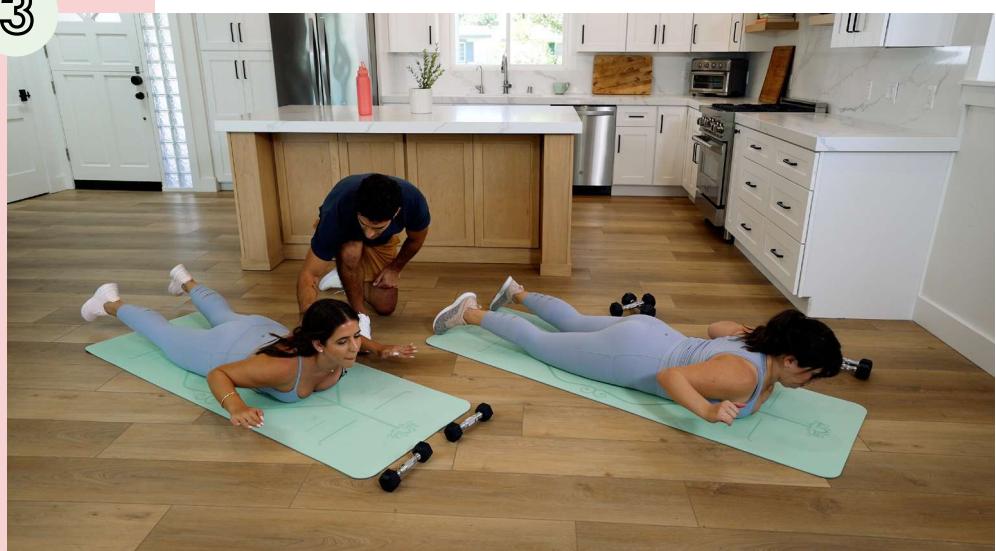
3 SETS OF 15

3

2

1

# PCOS WEIGHT LOSS





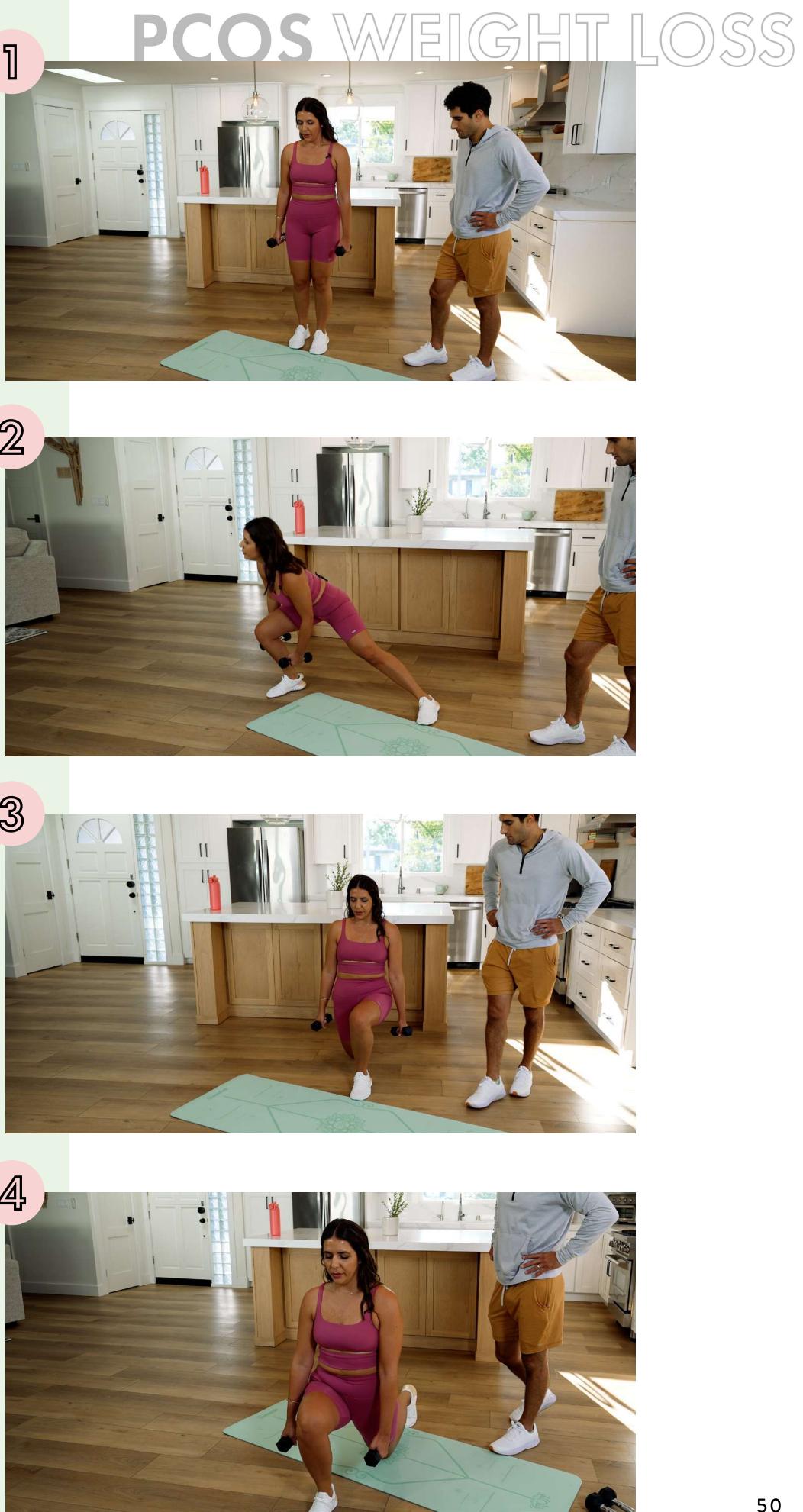
Day 3  
LOWER BODY WORKOUTS



DAY 3

# AROUND THE WORLD LUNGES

3 SETS OF 4 (PER SIDE)



DAY 3

# PCOS WEIGHT LOSS

## WIDE RAISED HEEL SQUAT

3 SETS OF 12



DAY 3

# DONKEY KICKS

3 SETS OF 12 (PER SIDE)

# PCOS WEIGHT LOSS

1



2



3



# HIP BRIDGE ABDUCTION

3 SETS OF 15

DAY 3

# PCOS WEIGHT LOSS

