



Week 3

OVERVIEW



DAY #1 - FULL BODY

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

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

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



SHOULDER TWIST + PRESS

3 SETS OF 8 (PER SIDE)

1



2



3



DUMBBELL PUSH-UP + ROW

3 SETS OF 8 (PER SIDE)

1



2



3



DEADLIFT + BICEP CURL

3 SETS OF 12

1



2



3



DAY 1

PCOS WEIGHT LOSS

HIP THRUST +T RICEP EXT

3 SETS OF 12

1



2



3





Day 2

UPPER BODY WORKOUTS



DB CURL TO PRESS

3 SETS OF 12

1



2



3



ALTERNATING CHEST FLY

3 SETS OF 12 (PER SIDE)

1



2



3



TRICEP KICKBACKS

3 SETS OF 15

1



2



3



FLOOR W RAISES

3 SETS OF 15

1



2



3





Day 3

LOWER BODY WORKOUTS



AROUND THE WORLD LUNGES

3 SETS OF 4 (PER SIDE)

PCOS WEIGHT LOSS

1



2



3



4



WIDE RAISED HEEL SQUAT

3 SETS OF 12

1



2



3



DONKEY KICKS

3 SETS OF 12 (PER SIDE)

1



2



3



HIP BRIDGE ABDUCTION

3 SETS OF 15

1



2



3

