



Week 4

OVERVIEW



DAY #1 - FULL BODY

CABLE SQUAT + BICEP CURL: 3 x 12

OBLIQUE CURL TO PRESS: 3 x 12 (Per Side)

GOODMORNINGS: 3 x 12

CABLE LATERAL RAISE: 3 x 15

DAY #2 - UPPER BODY

DUMBBELL FIGURE 8'S: 3 x 12

SUPERWOMAN BACK EXTENSIONS: 3 x 15

TRICEP PRESS + CHEST FLY: 3 x 12

FIELDER CURLS: 3 x 15

DAY #3 - LOWER BODY

SQUAT HOLDS: 3 x 10

DUMBBELL SWINGS: 3 x 12

REVERSE CROSSOVER LUNGES: 3 x 8 (Per Side)

ROMANIAN DEADLIFTS: 3 x 15



Day 1

FULL BODY WORKOUTS



DAY 1

PCOS WEIGHT LOSS

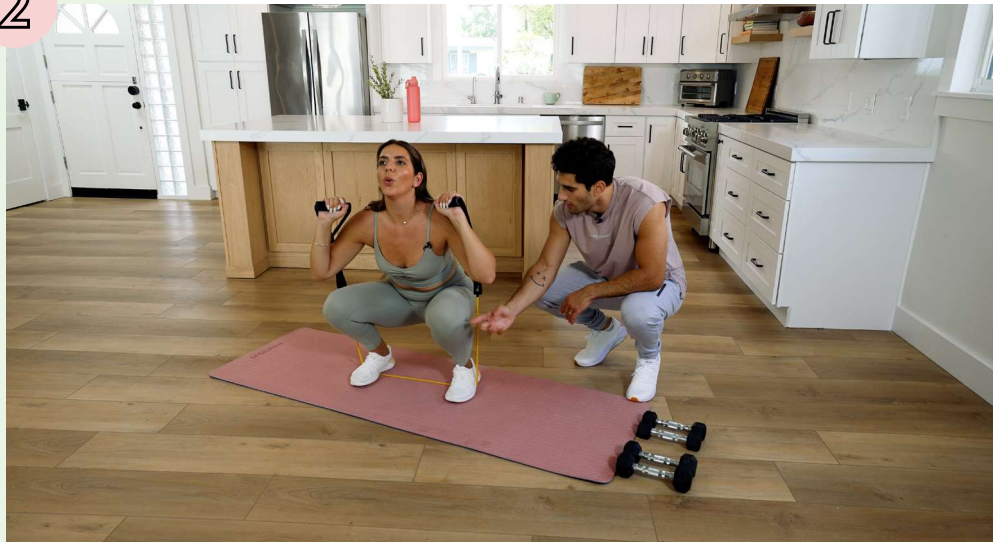
CABLE SQUAT + BICEP CURLS

3 SETS OF 12

1



2



3



OBLIQUE CURL TO PRESS

3 SETS OF 12 (PER SIDE)

1



2



3



DAY 1

PCOS WEIGHT LOSS

GOODMORNINGS

3 SETS OF 12

1



2



3



CABEL LATERAL RAISE

3 SETS OF 15

1



2



3





Day 2

UPPER BODY WORKOUTS



DUMBBELL FIGURE 8'S

3 SETS OF 10

1



2



3



SUPERWOMAN BACK EXTENSIONS

3 SETS OF 15

1



2



3



TRICEP PRESS + CHEST FLY

3 SETS OF 12

1



2



3



FIELDER CURLS

3 SETS OF 15

1



2



3





Day 3

LOWER BODY WORKOUTS



SQUAT HOLDS

3 SETS OF 10

1



2



3



DUMBBELL SWING

3 SETS OF 12

1



2



3



REVERSE CROSSOVER LUNGES

3 SETS OF 8 (PER SIDE)

1



2



3



ROMANIAN DEADLIFTS

3 SETS OF 15

1



2



3



PCOS WEIGHT LOSS

