

PCOS WEIGHT LOSS



WORKOUTS

YOUR 4-WEEK WORKOUT PLAN CAREFULLY
DESIGNED FOR PCOS WEIGHT LOSS

BEFORE YOU BEGIN



WORKOUT TUNES

Make your workouts fun with our PCOS Weight Loss Spotify Playlist!

[CLICK HERE TO LISTEN TO THE PLAYLIST](#)

DUMBBELLS

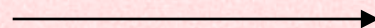
Many of our workouts feature dumbbells. Tallene is using 5, 8, and 12 lb weights during the workouts. Do what feels comfortable for you!

[CLICK HERE TO PURCHASE YOUR DUMBBELLS](#)



Week 1

OVERVIEW



DAY #1 - FULL BODY

KNEELING ARNOLD PRESS: 3 x 12

GOBLET SQUATS: 3 x 12

BENT OVER DB ROW: 3 x 12

LATERAL LUNGES: 3 x 8 (Per Side)

DAY #2 - UPPER BODY

FLOOR CHEST PRESS: 3 x 12

BICEP CURLS: 3 x 15

DUMBBELL UPRIGHT PULLS: 3 x 15

OVERHEAD DB EXT.: 3 x 15

DAY #3 - LOWER BODY

DUMBBELL SQUATS: 3 x 12

SUMO DEADLIFT: 3 x 15

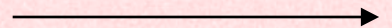
REVERSE LUNGE + CALF RAISES: 3 x 8 (Per Side)

HIP THRUSTS: 3 x 15



Day 1

FULL BODY WORKOUTS



KNEELING ARNOLD PRESS

3 SETS OF 12

1



2



3



DAY 1

PCOS WEIGHT LOSS

GOBLET SQUATS

3 SETS OF 12

1



2



3



DAY 1

PCOS WEIGHT LOSS

BENT OVER DB ROW

3 SETS OF 12

1



2



3



LATERAL LUNGES

3 SETS OF 8 (PER SIDE)

1



2



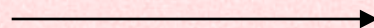
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Day 2

UPPER BODY WORKOUTS



FLOOR CHEST PRESS

3 SETS OF 12

1



2



3



BICEP CURLS

3 SETS OF 15

1



2



3



DUMBBELL UPRIGHT PULLS

3 SETS OF 15

1



2



3



DAY 2

PCOS WEIGHT LOSS

OVERHEAD DB EXTENSION

3 SETS OF 15

1



2



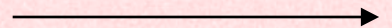
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Day 3

LOWER BODY WORKOUTS



DUMBBELL SQUATS

3 SETS OF 12

1



2



3



SUMO DEADLIFT

3 SETS OF 12

1



2



3



REVERSE LUNGE + CALF RAISE

3 SETS OF 8 (PER SIDE)

1



2



3



HIP THRUSTS

3 SETS OF 15

1



2



3

