

WOMEN'S 8 WEEK FAT LOSS WORKOUT ROUTINE WITH FREE PDF

Created by: [Murshid Akram](#)
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Program Summary and Description

This program involves performing weight training three times and cardio twice or thrice a week.

After completing this 8-week workout program, you'll be able to lift more, look better, and feel strong.

Here's a quick summary of this routine:

Duration	8 Weeks
Split Type	Full Body
Program Goal	Increase Strength, Endurance, and Fat Loss
Sessions/week	Six (Strength and Cardio, 3x each)
Duration/Session	1-hour resistance training/30 minutes for cardio
Workout Level	Beginner to Intermediate
Target Gender	Females
Equipment Needed	Gym Equipment
Alternate Program	12 Week Workout Plan for Females at Home

Weight Loss Female Workout Routine Summary

8-Week Women's Workout Routine for Fat Loss and Muscle Toning

Schedule:

- **Week 1-2:** Super Five, Baseline, and The Shorter Mile
- **Week 3-4:** Half Chelsea, Ellen, and Christine

- **Week 5-6** – Cindy, McGhee, and The Ghost
- **Week 7-8** – Mighty Eight, Noble Nine, and The Hundred

Workout Instructions:

- **Warm-up:** Start your workout with **5 minutes of dynamic warm-up**. Warm-up exercises elevate heart rate, increase body temperature, and prepare your muscles for intense training.
- **Rest between exercises:** 30-45 seconds
- **Interval between rounds:** 2-3 minutes
- **Cardio days:** Perform a combination of various cardio exercises (at your own pace). For example, you can use treadmill, elliptical cross trainer, stationary bike, jumping rope, battle rope, Tire exercises, body weight, etc.

Week 1-2: Fundamental Five, Compound Lifts, & The Super Cardio

- **Monday** – Fundamental Five
- **Tuesday** – Cardio
- **Wednesday** – Compound Lifts
- **Thursday** – Cardio
- **Friday** – Core Blaster
- **Saturday** – Cardio
- **Sunday** – OFF

Monday – Fundamental Five

AMRAP in 20 minutes

- 10 Front Lat Pulldown
- 10 Kneeling Pushups
- 16 Front Lunges (8/leg)
- 15 Reverse Crunches
- 10 **Cable Pull Through**
- Perform three to five rounds.

Wednesday – Compound Lifts

- 20 Back Squats
- 10 Incline Bench Press
- 10 Bent-Over Rows

- 12 Overhead Press
- Perform as many rounds as possible.

Friday – Core Blaster

- 20 High to Low Cable Chop (10/side)
- 10 Hanging Knee Raises
- 10 Lying Reverse Crunches
- 15 Half Kneeling Cable Crunch
- 15 **Pallof Press**
- 30-sec Front Plank
- 30-sec Side Plank (15-sec/side)
- Aim for three to four rounds.

Week 3-4: Fanstatic Five, Super Six, and Splendid Seven

- **Monday** – Fanstatic Five
- **Tuesday** – Aerobic Workout
- **Wednesday** – Super Six
- **Thursday** – Aerobic Workout
- **Friday** – Splendid Seven
- **Saturday** – Aerobic Workout
- **Sunday** – Rest

Monday – Fanstatic Five

- 5 Burpees
- 10 Alternating Dumbbell Snatches (5/side)
- 5 Barbell Thrusters
- 5 Deadlifts
- 5 **Seated IYT Raises**
- Aim for Five Rounds.

Wednesday – Super Six

- 6 Incline Bench Press
- 6 Bent-Over Rows
- 6 Front Squats
- 6 Overhead Press
- 12 Dumbbell Rows (6/side)

- 6 Dumbbell Romanian Deadlift
- Repeat six times.

Friday – Splendid Seven

- 7 Knee Push-ups
- 7 Leg Press
- 14 Kneeling Dumbbell Row (7/side)
- 7 Hanging Knee Raises
- 7 Machine Leg Curl
- 7 **Plank Jacks**
- 7 Glute Bridge
- Seven rounds for time.

Week 5-6: Dumbbell Dynamic, Barbella, and Kettlebells

- Monday – Dumbbell Dynamic
- Tuesday – Rest
- Wednesday – Barbella
- Thursday – Rest
- Friday – Kettlebells
- Sat and Sun – Rest

Monday – Dumbbell Dynamic

- 10 Goblet Squats
- 10 **Floor Press**
- 10 **DB Wood Chop**
- 15 Bent Over Rows
- 10 Glute Thrusts
- 5 **Standing IYT Raises**
- Perform as many rounds as possible.

Wednesday – Barbella

AMRAM in 30 minutes.

- 10 Off Blocks Deadlifts
- 10 Overhead Press
- 12 Barbell Lunges (6/leg)

- 10 Bent-Over Rows
- 10 Skull Crusher
- 10 Barbell Curls
- Perform three to four rounds.

Friday – Kettlebells

- 20 Kettlebell Swings
- 10 Push Press
- 10 KB Snatch
- 20 [Torso Twist](#) (10/side)
- 10 Kettlebell Gorilla Row
- 10 Front Racked Squat
- AMRAP in 30 minutes.

Week 7-8: Mighty Eight, Noble Nine, and The Hundred

- Monday – Mighty Eight
- Tuesday – Cardio
- Wednesday – Noble Nine
- Thursday – Cardio
- Friday – The Hundred
- Saturday – Cardio
- Sunday – Rest

Monday – Mighty Eight

- 8 Front Lat Pulldown
- 8 Leg Press
- 8 Seated Pec Deck Fly
- 8 Lateral Delt Raises
- 8 Machine Leg Curl
- 8 Hip Thrust
- 8 Hanging Knee Raises
- 16 Alternating Heel Taps (8/side)
- Perform as many rounds as possible.

Wednesday – Noble Nine

- 9 Smith Machine Incline Bench Press

- 9 Leg Extension
- 9 Seated Cable Rowing
- 9 Pallof Press
- 9 Rear Delt Raises/Reverse Pec Fly
- 18 Reverse Lunges (9 per leg)
- 9 Rope Pushdown
- 9 Incline DB Curl
- 9 Sit-ups
- Perform two to four rounds.

Friday – The Hundred

- 10 Deadlifts (**Any variations**)
- 10 Seated Overhead Press
- 10 Cable Crunches
- 10 Bent-over Barbell Rows
- 10 High-to-Low Cable Chest Fly
- 10 Front Squats
- 10 Seated Cable Rowing
- 10 Lateral Delt Raises
- 10 Hip Thrust
- **10-minute Abs Workout**

Tips and Instructions to Maximize Your Results

Here are a few tips you can follow to achieve suitable results:

- **Low-Calorie Meal Plan:** There is no substitute to **low-caloric diet** when it comes to weight loss. Weight loss is only achievable through cutting calories. By avoiding processed foods and including **low-calorie filling foods** in your diet, you can limit your calorie intake and lower your body fats over time.
- **Train when you feel energetic:** it isn't about physical training only. It also requires mental toughness. So, it is crucial to exercise when you feel active and focused so that you can put your 100 percent during the workout.
- **Pre-workout meal:** Having some light snacks or drinks 30 minutes before the workout is best. For example, you can consume dried fruits, oatmeal, energy bars, whey protein, peanut butter toast, etc.

- **Post-workout meal:** Whether you **train for muscle gain** or weight loss, a high-protein meal after a workout is necessary to rebuild muscles and achieve better results. You can have a combination of protein and carbs, such as whey isolate protein and oatmeal, roasted chicken, boiled eggs, and banana, in your post-workout meal.
- **Increase the intensity and load over time:** The best way to maximize strength and endurance is to push yourself slightly harder every week. You can do that by raising the load on the bar, increasing the intensity, and reducing the interval time between sets each week.
- **Adding a variety of exercises:** You should perform combination of resistance, cardio, and mobility exercises to stimulate your strength, speed, endurance and shape your physique.