

WOMENS 4 WEEK MUSCLE PROGRAM



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Hello ladies, I hope you are doing well! I would like to first start off by saying thank you for checking out the website and looking into these workouts. I get a lot of questions from females about programing and what they should be doing in the weight room. So I wanted to come out with a program that would be perfect for some of you wanting to tone up and build a little muscle. That's exactly what can be achieved with this program!

This 4 week training program will get you started on a great foundation to keep working on after. You have 5 days that you will be training and 2 rest days. I have chosen to throw in a bonus workout that you can do throughout the week or on Saturday. I have also put some nutrition guidance into this to help you get a better understanding of what you should be eating. Being healthy and achieving a better body means that you have to train properly as well as nourish your body with the right fuel.

I will be here to answer any questions you may have so please feel free to send me an email at costafitness1@gmail.com if you are confused on anything and I will get you on track!

**I have this program setup in a way where you can simply click the exercise (hyperlinks) you are questioning and it will provide you with a video on how to do the exercise! However I didn't do a few exercises listed but they are pretty easy to pick up on. Email me if you have questions.*

Monday

Warm up (5 minutes on the bike)

Exercises	Repetitions	Sets or rounds
(Triset) - Dumbbell bench press - Mountain climbers - 1 Arm row	-12 -30 seconds -12 each arm	3 sets
(Triset) - Lat pull downs - Push ups or modified push ups - Dumbbell chest flys	-12 -10 -12	3 sets
Jump rope -10 seconds on, 10 seconds off for 10 minutes		

Tuesday

Warm up (5 minutes on the bike)

Exercises	Repetitions	Sets or rounds
(Triset) - Dumbbell twist curls - Scissor kicks - Bent over tricep kickbacks	-15 -30 seconds -15 each arm	3 sets
(Triset) - Seated dips - Crunches - Curls with straight bar	-15 -30 -15	3 sets
Cardio circuit: - Ice skaters - Jumping jacks	30 seconds each	5 Rounds

Wednesday

Warm up (5 minutes on the bike)

Exercises	Repetitions	Sets or rounds
Back squats	Week 1: 5 x 5 Week 2: 5 x 4 Week 3: 4 x 6 Week 4: 3 x 4	1-3 minutes rest in between sets
(Superset) - Seated leg curl machine - Leg extension machine	-15 -15	4 sets
(Triset) - Glute bridges - Jump squats - Walking lunges	30 seconds each	3 Rounds
Seated calf raises	15	4 sets

Thursday

Warm up (5 minutes on the bike)

Exercises	Repetitions	Sets or rounds
Dumbbell shoulder press	12	4 sets
(Triset) <ul style="list-style-type: none"> - Dumbbell front raises - Dumbbell side raises - Dumbbell shoulder presses 	-15 -15 -15	3 sets
(Triset) <ul style="list-style-type: none"> - Shrugs - Band face pulls or use cables - Jump rope 	- 12 - 15 - 45 seconds	3 sets
Treadmill sprints -10 seconds on, 10 seconds off for 5 minutes Then 10 minute jog		

Friday

Warm up (5 minutes on the bike)

Exercises	Repetitions	Sets or rounds
<ul style="list-style-type: none"> - Air squats (Close stance) - Air squats (Wide stance) - Push ups - Plank - Ice skaters 	30 seconds each	5 rounds
<ul style="list-style-type: none"> - Stair stepper <p>*If you do not have a stair stepper, go for a run on the treadmill at a slight incline for 15 minutes.</p>	15-30 minutes	

Bonus Booty Workout: optional for saturday or sunday.

Exercises	Repetitions	Sets or rounds
<u>Air squats</u> <ul style="list-style-type: none">- Close stance- Normal stance- Wide stance	10 each *30 total reps in 1 set	5 sets
<u>Bulgarian split squats</u> (with dumbbells if you are advanced. If this is the first time doing this exercise then just master the form without weight)	8 reps each leg	4 sets
Superset <ul style="list-style-type: none">- Hip abductor machine- Hip adductor machine	15 each	3 sets
<u>Glute bridges</u>	100 reps	Do in as little sets as possible

Special notes on program:

1. Grab a buddy! Having a lifting buddy that will push you is very important! Make progress together and have someone to travel this fitness journey with! It is also a great way to have a spotter if you need one at certain times.
2. Follow this program, eat good and you will be pleased on what kind of results you can make in only 4 weeks!!
3. As you start, keep track of weights you use for certain exercises and see if you gain strength in the program. Track your body weight and see how your body weight can fluctuate during a training program.
4. HAVE FUN! You are making a change in not only your appearance but your general health and how you feel! You may experience more energy, boosted confidence, a nice body and MORE!
5. Any progress pictures and stories would be greatly appreciated to see what kind of results you are making! I would love to show some off on the website with your permission as well!



Nutrition

As I mentioned in the beginning, your nutrition is very important. It is the most important thing about fitness. If you are interested in living a long healthy lifestyle and making your body look better then you have to dedicate yourself to eating clean.

You will see underneath all of this that I have presented to you a nutrition chart. This will be your healthier options that I would recommend you get into your kitchen.

Nutrition 101

CARBOHYDRATES- *carbs are the energy source for your brain and muscles. A lot of people think that carbs are bad and should be kept to a bare minimum but I believe if we eat the right carbs at the right times then we can make some lean gainz onto your body.*

PROTEIN- *proteins are essential for rebuilding and recovering your muscles that have been broken down. A typical formula for optimal results is 1 gram of protein for every pound of your body weight. I would also recommend .7 grams per body weight.*

FATS- *fats are essential for production of the brain and heart. Fats have a bad name but you will need to incorporate these into your diet for healthy results.*

Hydration

Hydration is CRUCIAL to maintaining a healthy lifestyle and maximizing your performance in and out of the gym. It is important that you make an effort to cut out any pop, sweet tea or caffeine/sugary loaded beverages. Gatorade and powerade would be a good drink to have after workouts to replenish glycogen levels and electrolytes lost during a workout. Just remember to drink plenty of water!!

Here below is a list of healthier options to pick from. Pick and choose some of your favorite things to eat off the list and start prepping some food!

Protein:

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Beans
Chicken breast (without skin)
Crab
Eggs
Flounder
Pork
Ground turkey

Greek yogurt
Low-fat/non fat milk
Low-fat/non-fat yogurt
Low-fat/non-fat cottage cheese
Salmon
Soy milk
Tuna

Carbohydrates:

Barley
Beans
Brown rice
Buckwheat
Oatmeal
Sweet potato

Quinoa
Wheat berries
Whole grain barley
Rice cakes
Whole grain cornmeal
Whole grain bread

Fats:

Avocado
Almonds
Cashews
Fish oil
Flax oil
Olives

Olive oil
Mixed nuts
Soybean oil
Sunflower oil
Walnut oil

Enjoy this program??

Alex is currently taking clients to train through his 1 on 1 personalized online fitness coaching programs and has a couple spots for in-person training as well! If you need help in your fitness journey then stop waiting on the sideline watching everyone else get the results you wish you were getting. Make a move today and start working with Alex!

Feel free to send him an email at costafitness1@gmail.com and ask about the details and how he can get you to your fitness goals!

