



## **3 Time a Week Female Cardio Circuit Program**

Below is a 3-day per week workout program for fat loss and weight loss with progressive overload:

### Day 1:

Warm up with 5-10 minutes of light cardio (walking, jogging, biking)

Circuit training: Complete 3 rounds of the following exercises, with 30 seconds of rest between each exercise and 1 minute of rest between each round:

1. Push-ups (10 reps)
2. Squats (15 reps)
3. Lunges (10 reps per leg)
4. Plank (30 seconds)
5. Burpees (10 reps)

Cool down with 5-10 minutes of stretching

### Day 2:

Warm up with 5-10 minutes of light cardio

Strength training: Choose 3-4 exercises for each major muscle group (legs, chest, back, arms, shoulders) and complete 3-4 sets of 8-12 reps for each exercise, with 1-2 minutes of rest between each set. Examples of exercises include:

- Leg press
- Bench press
- Lat pulldown
- Bicep curls
- Lateral raises

Cool down with 5-10 minutes of stretching

Day 3:

Warm up with 5-10 minutes of light cardio

High intensity interval training (HIIT): Complete 3 rounds of the following circuit, with 30 seconds of work and 30 seconds of rest between each exercise:

1. Jumping jacks (30 seconds)
2. Mountain climbers (30 seconds)
3. Skaters (30 seconds)
4. Jump squats (30 seconds)

Cool down with 5-10 minutes of stretching

For resistance-based exercise, choose a weight that allows for around 5 Reps in Reserve (RIR 5). It's important to remember that in order to see progress and achieve your goals, you need to consistently challenge your body by increasing the difficulty of your workouts over time. This concept is known as progressive overload. You can do this by increasing the amount of weight you lift, the number of reps you complete, or the length of your workouts. As always, it's important to consult with a doctor before starting any new exercise program.