



BALANCED GAL

MONTH 1 3 DAY

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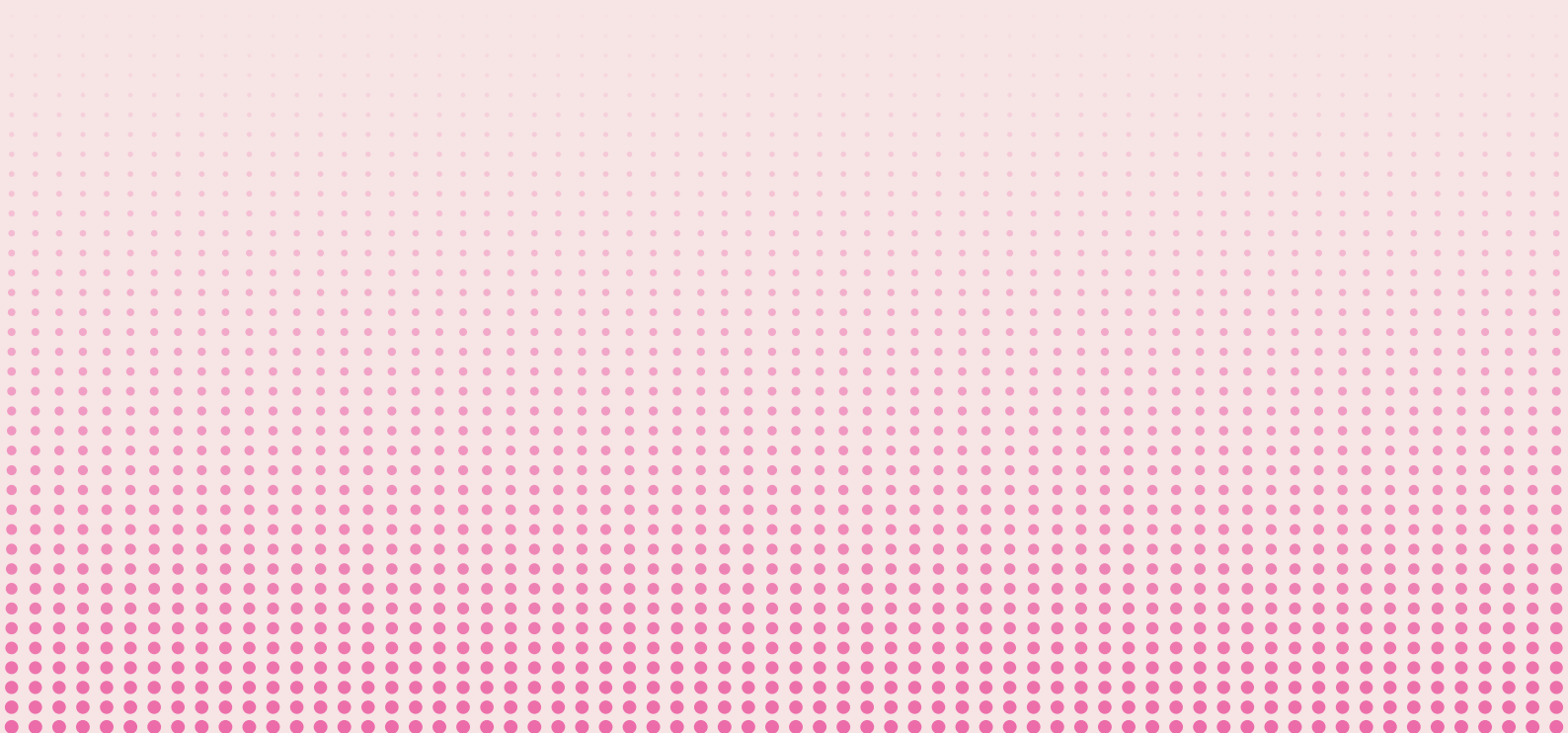
MONTH 1 3 DAY

Gym workout programme

BALANCED GAL SOCIETY: 3 DAY GYM PLAN

MONTH 1

Week 1



DAY 1: Lower 1

ORDER	EXERCISE	SETS/REPS	REST
A	Back Squats	4 x 10	Rest 2:00 between sets.*
B	Reverse Lunges	3 x 10 e/leg	Rest 2:00 between sets.
C	Barbell Hip Thrust	3 x 8	Rest 2:00 between sets.*
D	Leg Extension	3 x 8	Rest 2:00 between sets.
E	Seated Leg Press	3 x 8	Rest 2:00 between sets.

Back Squats

*Warm-up sets first (empty barbell)

Barbell Hip Thrust

*Use hip thrust pad to protect your hips.

DAY 2: Upper

ORDER	EXERCISE	SETS/REPS	REST
A	Back Supported Dumbbell Shoulder Press	4 x 8	Rest 2:00 between sets.
B	Bent Over Single Arm DB Row	3 x 8 e/arm	Rest 2:00 between sets.
C	Dumbbell Bench Press	3 x 10	Rest 2:00 between sets.
D	Lat Pull Down	3 x 10	Rest 2:00 between sets.
E1	Alternating Bicep Curls	3 x 6 e/arm	*
E2	Tricep Bench Dips (bodyweight)	3 x 5-8	Rest 2:00 between sets.*

Tricep Bench Dips (bodyweight)

*Keep knees bent and feet flat on floor for tricep dips if you want to make these a little easier!

DAY 3: Lower 2

ORDER	EXERCISE	SETS/REPS	
A	Deadlifts	4 x 10	Rest 2:00 between sets.*
B	Barbell Hip Thrusts	3 x 12	Rest 2:00 between sets.
C	Dumbbell Romanian Deadlifts	3 x 10	Rest 2:00 between sets.
D	Bulgarian Split Squats	3 x 6 e/leg	Rest 2:00 between sets.*
E	Dumbbell Calf Raises	3 x 10	Rest 2:00 between sets.

Deadlifts

*Warm-up well here before starting working sets.

Bulgarian Split Squats

*Start with bodyweight here if you are new to these before adding weight.

CORE: Add-On 3 Rounds:

- 45-60s Plank Hold
- *Rest 1:00 between rounds.

CONDITIONING: Add-On 3-5 Rounds For Time:

- 9 Cal Row
 - 6 DB Thrusters
 - 3 Burpees
- *Rest 2:00 between rounds

*BIG EFFORT HERE!

*DBs should be at a challenging weight but not too heavy that you can't perform the 6 reps unbroken.

*We are aiming for consistency across each round.

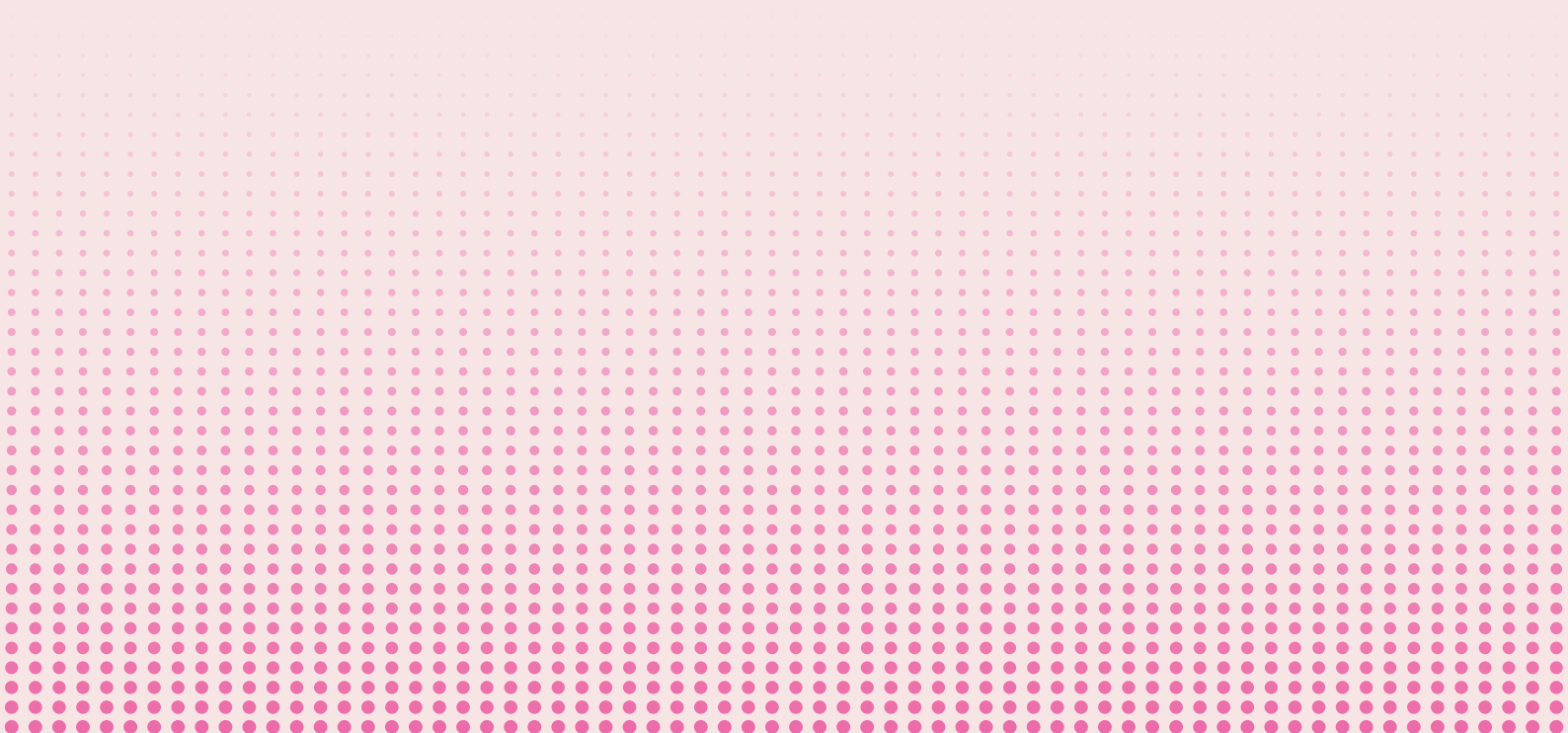
*Use your rest time wisely to recover well.

*3 Rounds or 5 Rounds depending on time available and fitness levels.
Choose appropriately!

BALANCED GAL SOCIETY: 3 DAY GYM PLAN

MONTH 1

Week 2



DAY 1: Lower 1

ORDER	EXERCISE	SETS/REPS	REST
A	Back Squats	2 x 10, 2 x 8	Rest 2:00 between sets.*
B	Reverse Lunges	3 x 10 e/leg	Rest 2:00 between sets.*
C	Barbell Hip Thrust	4 x 8	Rest 2:00 between sets.*
D	Leg Extension	3 x 8-10	Rest 2:00 between sets.
E	Seated Leg Press	3 x 8-10	Rest 2:00 between sets.

Back Squats

*Warm-up sets first (empty barbell)

*Aim to go a little heavier on the sets of 8.

Reverse Lunges

*Heavier than last week if possible.

Barbell Hip Thrust

*Extra set this week!

DAY 2: Upper

ORDER	EXERCISE	SETS/REPS	REST
A	Back Supported Dumbbell Shoulder Press	4 x 8-10	Rest 2:00 between sets.
B	Bent Over Single Arm DB Row	3 x 8 e/arm	Rest 2:00 between sets.*
C	Dumbbell Bench Press	3 x 10	Rest 2:00 between sets.*
D	Lat Pull Down	3 x 10	Rest 2:00 between sets.
E1	Alternating Bicep Curls	3 x 8 e/arm	*
E2	Tricep Bench Dips (bodyweight)	3 x 6-10	Rest 2:00 between supersets.*

Bent Over Single Arm DB Row

*Heavier than last week.

Dumbbell Bench Press

*Heavier than last week.

Tricep Bench Dips (bodyweight)

*Keep knees bent and feet flat on floor for tricep dips if you want to make these a little easier!

DAY 3: Lower 2

ORDER	EXERCISE	SETS/REPS	
A	Deadlifts	2 x 10, 2 x 8	Rest 2:00 between sets.*
B	Barbell Hip Thrusts	3 x 12	Rest 2:00 between sets.*
C	Dumbbell Romanian Deadlifts	3 x 10-12	Rest 2:00 between sets.
D	Bulgarian Split Squats	3 x 8 e/leg	Rest 2:00 between sets.
E	Dumbbell Calf Raises	3 x 10-12	Rest 2:00 between sets.

Deadlifts

*Warm-up well here before starting working sets.

*Aim to go heavier on the sets of 8!

Barbell Hip Thrusts

*Heavier than last week.

CORE: Add-On 3 Rounds:

- 30s Plank Hold
 - 20 Russian Twists
- *Rest 1:00 between rounds.

CONDITIONING: Add-On EMOM x 8/12

- Min 1: 8-14 Cal Row
- Min 2: 8 DB Thrusters
- Min 3: Max Burpees Over DB
- Min 4: Rest

*Either 8:00 or 12:00 depending on time available and fitness levels!

*EMOM = every minute on the minute.

*Scale appropriately by choosing a challenging but manageable number of calories for you to perform on the rower in 1:00.

*Choose DBs that are challenging, but that you can go unbroken for 8 reps on.

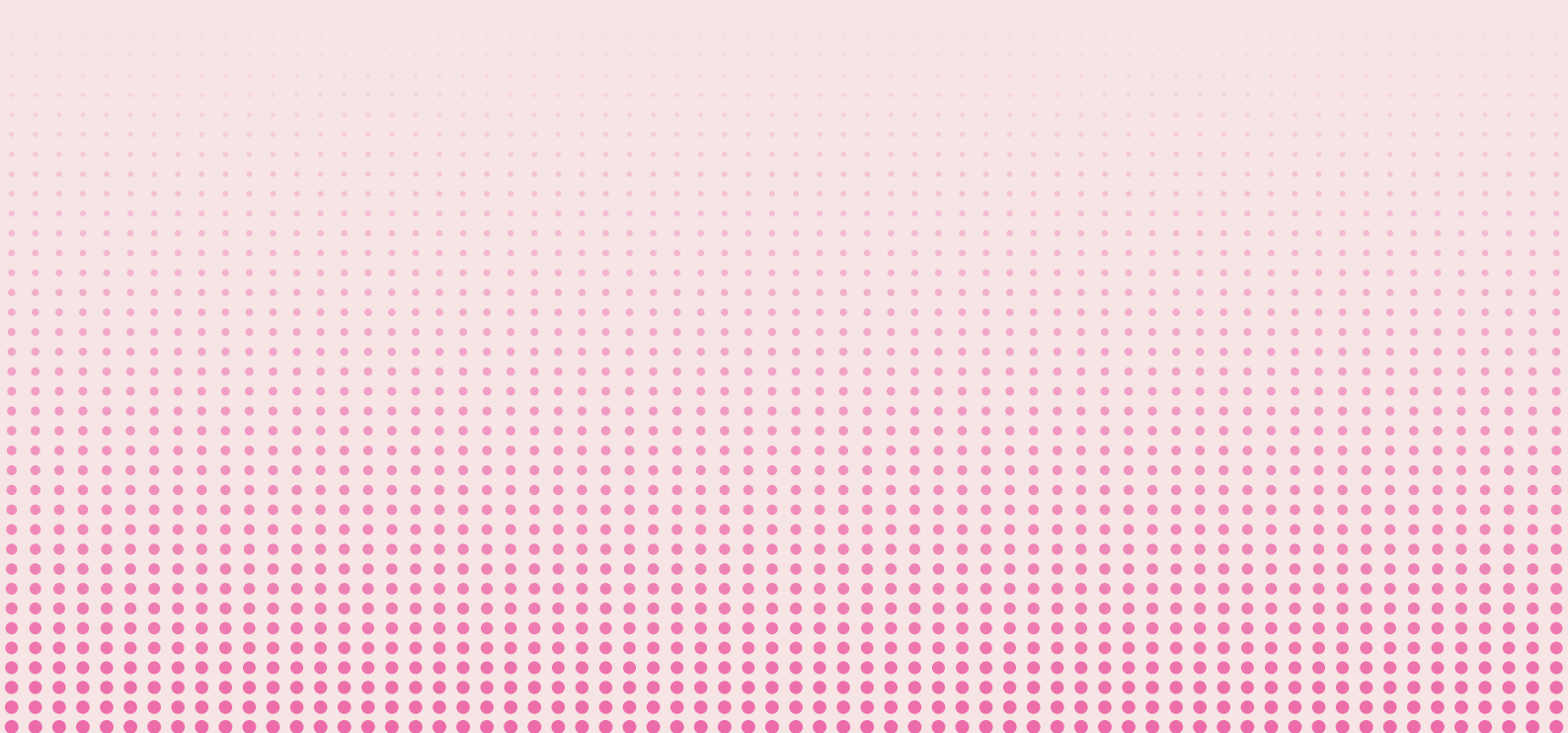
*PUSH IT on the burpees! Aim to match your reps, or get close to them, as each round goes on.

*Use your minute of rest wisely... you've earned it!

BALANCED GAL SOCIETY: 3 DAY GYM PLAN

MONTH 1

Week 3



DAY 1: Lower 1

ORDER	EXERCISE	SETS/REPS	REST
A	Back Squats	4 x 8	Rest 2:00 between sets.*
B	Reverse Lunges	3 x 8 e/leg	Rest 2:00 between sets.*
C	Barbell Hip Thrust	2 x 8, 2 x 6	Rest 2:00 between sets.*
D	Leg Extension	3 x 10	Rest 2:00 between sets.
E	Seated Leg Press	3 x 10	Rest 2:00 between sets.

Back Squats

*Warm-up sets first.

*A little heavier this week if possible!

Reverse Lunges

*Heavier than last week as less reps.

Barbell Hip Thrust

*HEAVY!

DAY 2: Upper

ORDER	EXERCISE	SETS/REPS	REST
A	Back Supported Dumbbell Shoulder Press	4 x 10	Rest 2:00 between sets.
B	Bent Over Single Arm DB Row	1 x 8 e/arm, 2 x 6 e/arm	Rest 2:00 between sets.*
C	Dumbbell Bench Press	3 x 8	Rest 2:00 between sets.*
D	Lat Pull Down	3 x 10-12	Rest 2:00 between sets.
E1	Alternating Bicep Curls	3 x 8-10 e/arm	*
E2	Tricep Bench Dips (bodyweight)	3 x 8-12	Rest 2:00 between supersets.*

Bent Over Single Arm DB Row

*Aim for heavier than last week, especially on the sets of 6 reps.

Dumbbell Bench Press

*Heavier than last week as less reps.

Tricep Bench Dips (bodyweight)

*Keep knees bent and feet flat on floor for tricep dips if you want to make these a little easier!

DAY 3: Lower 2

ORDER	EXERCISE	SETS/REPS	
A	Deadlifts	4 x 8	Rest 2:00 between sets.*
B	Barbell Hip Thrusts	3 x 12-14	Rest 2:00 between sets.*
C	Dumbbell Romanian Deadlifts	3 x 12	Rest 2:00 between sets.
D	Bulgarian Split Squats	3 x 8-10 e/leg	Rest 2:00 between sets.
E	Dumbbell Calf Raises	3 x 12	Rest 2:00 between sets.

Deadlifts

*Warm-up well here before starting working sets.

*Heavier than last week!

Barbell Hip Thrusts

*Heavier than last week.

CORE: Add-On 30s On/10s Off:

- Plank Hold
- Weighted Russian Twists
Repeat 3-5 times

CONDITIONING: Add-On Every 3:00 x 4-5 (12:00-15:00 Total)

- 4 DB Thrusters
- 8 Burpees
- Max Calories on Rower until 2:30 within each 3:00 window.

*Choose a heavy but manageable weight for the DB Thrusters.

*Aim for a nice, steady pace on the burpees.

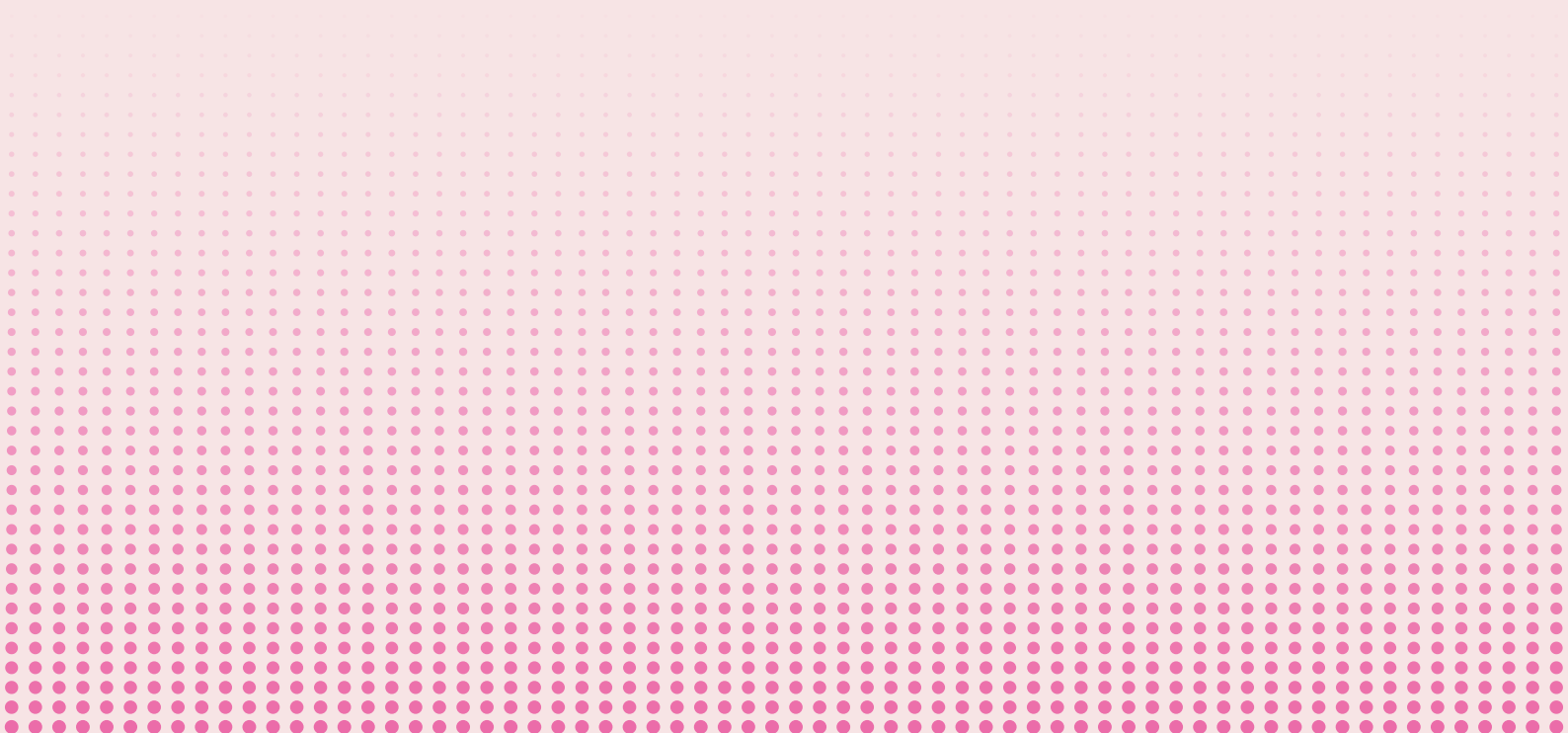
*We're aiming for consistency on the rowing machine here – big, slow pulls (really try to use your legs!).

*You'll have a full 30 seconds rest in each 3 minute window.

BALANCED GAL SOCIETY: 3 DAY GYM PLAN

MONTH 1

Week 4



DAY 1: Lower 1

ORDER	EXERCISE	SETS/REPS	REST
A	Back Squats	2 x 8, 2 x 6	Rest 2:00 between sets.*
B	Reverse Lunges	3 x 6 e/leg	Rest 2:00 between sets.*
C	Barbell Hip Thrust	4 x 6	Rest 2:00 between sets.*
D	Leg Extension	3 x 10-12	Rest 2:00 between sets.
E	Seated Leg Press	3 x 10-12	Rest 2:00 between sets.

Back Squats

*Warm-up sets first.

*Aim to go heavier on the sets of 6 reps!

Reverse Lunges

*Heavier than last week as less reps.

Barbell Hip Thrust

*HEAVY!

DAY 2: Upper

ORDER	EXERCISE	SETS/REPS	REST
A	Back Supported Dumbbell Shoulder Press	4 x 10-12	Rest 2:00 between sets.
B	Bent Over Single Arm DB Row	4 x 6 e/arm	Rest 2:00 between sets.
C	Dumbbell Bench Press	3 x 8	Rest 2:00 between sets.*
D	Lat Pull Down	3 x 12	Rest 2:00 between sets.
E1	Alternating Bicep Curls	3 x 10 e/arm	*
E2	Tricep Bench Dips (bodyweight)	3 x MAX Reps	Rest 2:00 between supersets.*

Dumbbell Bench Press

*Aiming for heavier than last week.

Tricep Bench Dips (bodyweight)

*Keep knees bent and feet flat on floor for tricep dips if you want to make these a little easier!

DAY 3: Lower 2

ORDER	EXERCISE	SETS/REPS	
A	Deadlifts	2 x 8, 2 x 6	Rest 2:00 between sets.*
B	Barbell Hip Thrusts	3 x 14	Rest 2:00 between sets.*
C	Dumbbell Romanian Deadlifts	3 x 12	Rest 2:00 between sets.
D	Bulgarian Split Squats	3 x 10 e/leg	Rest 2:00 between sets.
E	Dumbbell Calf Raises	3 x 12-14	Rest 2:00 between sets.

Deadlifts

*Warm-up well here before starting working sets.

*Aiming to go heavier on the sets of 6!

Barbell Hip Thrusts

*Heavier than last week.

CORE: Add-On

3-4 Rounds:

- 45s Plank Hold
- 30s Side Plank (L)
- 30s Side Plank (R)

Rest 1:00 between rounds

CONDITIONING: Add-On

FOR TIME: (Time Cap: 12:00)

20 Calorie Row Then:

8-7-6-5-4-3-2-1

- DB Thrusters
- Burpees

20 Calorie Row

*FOR TIME = complete, in order, as fast as possible!

*Here, you will complete 20 calories on the rowing machine, before moving onto the DB Thruster and Burpee ladder.

*When you finish working down the ladder, you will go back to the rowing machine to complete a further 20 calories!

*Stop where you are if you don't finish within the 12:00 time cap.