

The  
**Balanced Gal**  
Society **WRK**

**BALANCED GAL**

**MONTH 1 3 DAY**

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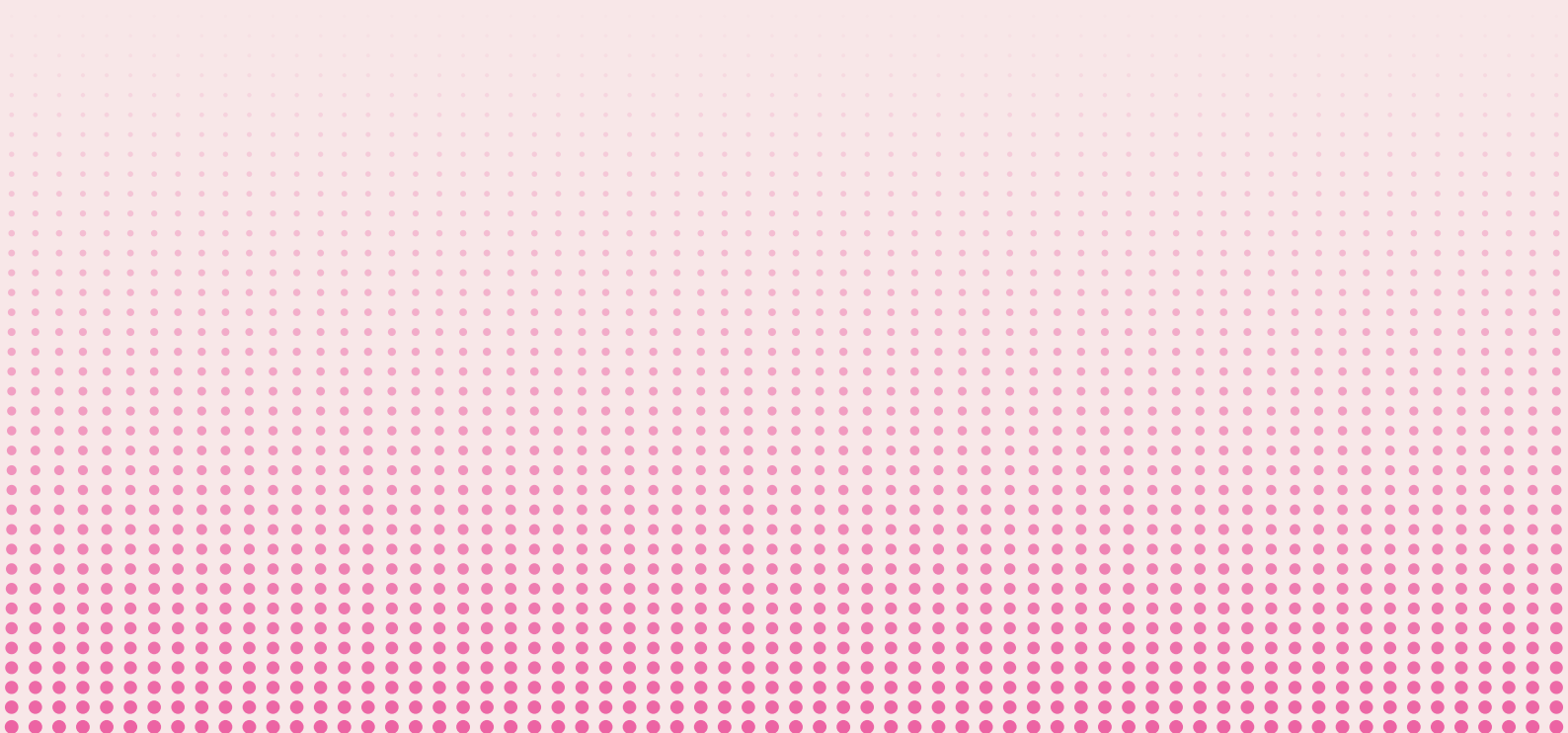
**MONTH 1 3 DAY**

*home workout programme*

**BALANCED GAL SOCIETY: 3 DAY HOME**

# MONTH 1

*Week 1*



## DAY 1 : Lower 1

| ORDER     | EXERCISE              | SETS/REPS   | REST                    |
|-----------|-----------------------|-------------|-------------------------|
| <b>A</b>  | Goblet Squats         | 4 x 8       | 2:00 between sets.      |
| <b>B</b>  | Goblet Reverse Lunges | 3 x 6 e/leg | 2:00 between sets.      |
| <b>C</b>  | Dumbbell Hip Thrust   | 3 x 8       | 2:00 between sets.      |
| <b>D1</b> | Wall Sit              | 3 x 30s     | 2:00 between sets.*     |
| <b>D2</b> | Jump Squats           | 3 x 8       | 2:00 between supersets. |

\*Add weight here if 30 seconds feels too easy (**rest DB on lap**).

## DAY 2: Upper

| ORDER     | EXERCISE                                | SETS/REPS   | REST                     |
|-----------|-----------------------------------------|-------------|--------------------------|
| <b>A</b>  | Standing Dumbbell Shoulder Press        | 4 x 8       | 2:00 between sets.*      |
| <b>B</b>  | Bent Over Single Arm DB Row             | 3 x 6 e/arm | 2:00 between sets.*      |
| <b>C</b>  | Dumbbell Floor Press                    | 3 x 8       | 2:00 between sets.*      |
| <b>D</b>  | Dumbbell Floor Pullover                 | 3 x 8       | 2:00 between sets.*      |
| <b>E1</b> | Alternating Bicep Curls                 | 3 x 6 e/arm | —                        |
| <b>E2</b> | Tricep Bench Dips ( <b>bodyweight</b> ) | 3 x 5-8     | 2:00 between supersets.* |

### Tricep Bench Dips (**bodyweight**)

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

\*Make sure that whatever you use for these is stable – a dining room chair or something similar is perfect!

## DAY 3: Lower 2

| ORDER | EXERCISE                              | SETS/REPS   | REST                     |
|-------|---------------------------------------|-------------|--------------------------|
| A     | Dumbbell Romanian Deadlifts           | 4 x 8       | 2:00 between sets.*      |
| B     | Dumbbell Frog Pumps                   | 3 x 12      | 2:00 between sets.*      |
| C     | Bulgarian Split Squats                | 3 x 6 e/leg | 2:00 between sets.*      |
| D     | Dumbbell Calf Raises                  | 3 x 10      | 2:00 between sets.*      |
| E1    | Russian Kettlebell/<br>Dumbbell Swing | 3 x 8-10    | —                        |
| E2    | Jump Lunges                           | 3 x 6 e/leg | 2:00 between supersets.* |

### Bulgarian Split Squats

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

\*If you cannot perform jump lunges, do bodyweight reverse lunges instead.

## CORE: Add-On 3 Rounds:

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

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

- 9 DB Front Squats
  - 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 9/6 reps unbroken.

\*We are aiming for consistency across each round.

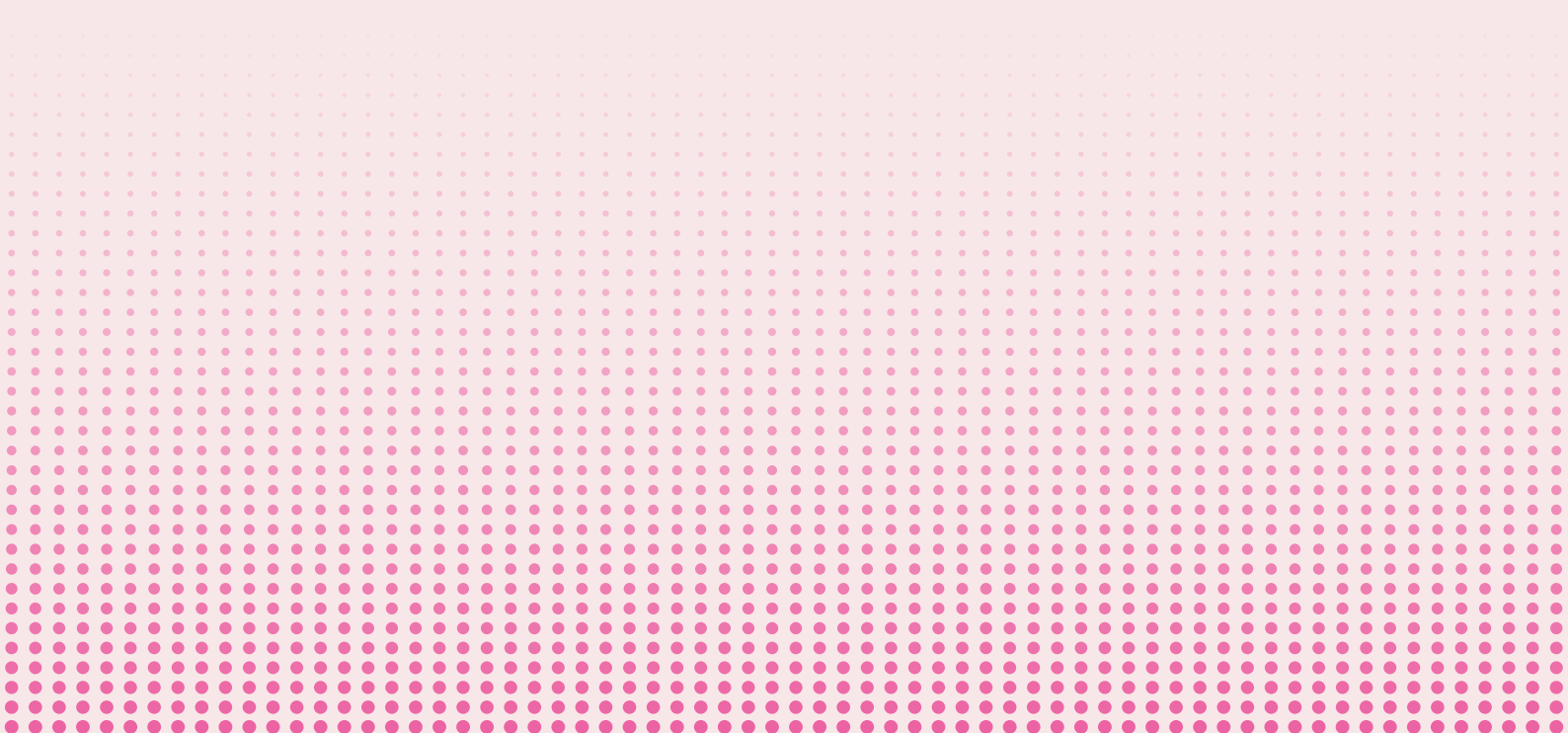
\*Use your rest time wisely to recover well.

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

**BALANCED GAL SOCIETY: 3 DAY HOME**

# MONTH 1

## *Week 2*



## DAY 1 : Lower 1

| ORDER     | EXERCISE              | SETS/REPS   | REST                    |
|-----------|-----------------------|-------------|-------------------------|
| <b>A</b>  | Goblet Squats         | 4 x 8-10    | 2:00 between sets.*     |
| <b>B</b>  | Goblet Reverse Lunges | 3 x 6 e/leg | 2:00 between sets.*     |
| <b>C</b>  | Dumbbell Hip Thrust   | 3 x 10      | 2:00 between sets.*     |
| <b>D1</b> | Wall Sit              | 3 x 40s     | 2:00 between sets.*     |
| <b>D2</b> | Jump Squats           | 3 x 8-10    | 2:00 between supersets. |

## DAY 2: Upper

| ORDER     | EXERCISE                                | SETS/REPS   | REST                     |
|-----------|-----------------------------------------|-------------|--------------------------|
| <b>A</b>  | Standing Dumbbell Shoulder Press        | 4 x 8-10    | 2:00 between sets.*      |
| <b>B</b>  | Bent Over Single Arm DB Row             | 3 x 8 e/arm | 2:00 between sets.*      |
| <b>C</b>  | Dumbbell Floor Press                    | 3 x 8-10    | 2:00 between sets.*      |
| <b>D</b>  | Dumbbell Floor Pullover                 | 3 x 10      | 2:00 between sets.*      |
| <b>E1</b> | Alternating Bicep Curls                 | 3 x 6 e/arm | —                        |
| <b>E2</b> | Tricep Bench Dips ( <b>bodyweight</b> ) | 3 x 6-10    | 2:00 between supersets.* |

### Tricep Bench Dips (**bodyweight**)

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

\*Make sure that whatever you use for these is stable – a dining room chair or something similar is perfect!

## DAY 3: Lower 2

| ORDER     | EXERCISE                              | SETS/REPS   | REST                     |
|-----------|---------------------------------------|-------------|--------------------------|
| <b>A</b>  | Dumbbell Romanian Deadlifts           | 4 x 8-10    | 2:00 between sets.*      |
| <b>B</b>  | Dumbbell Frog Pumps                   | 3 x 12      | 2:00 between sets.*      |
| <b>C</b>  | Bulgarian Split Squats                | 3 x 8 e/leg | 2:00 between sets.*      |
| <b>D</b>  | Dumbbell Calf Raises                  | 3 x 10-12   | 2:00 between sets.*      |
| <b>E1</b> | Russian Kettlebell/<br>Dumbbell Swing | 3 x 10      | —                        |
| <b>E2</b> | Jump Lunges                           | 3 x 8 e/leg | 2:00 between supersets.* |

### Bulgarian Split Squats

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

### Jump Lunge

\*If you cannot perform jump lunges, do bodyweight reverse lunges instead.

## 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:** 10 DB Front Squats
- **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.

\*Choose DBs that are challenging, but that you can go unbroken on.

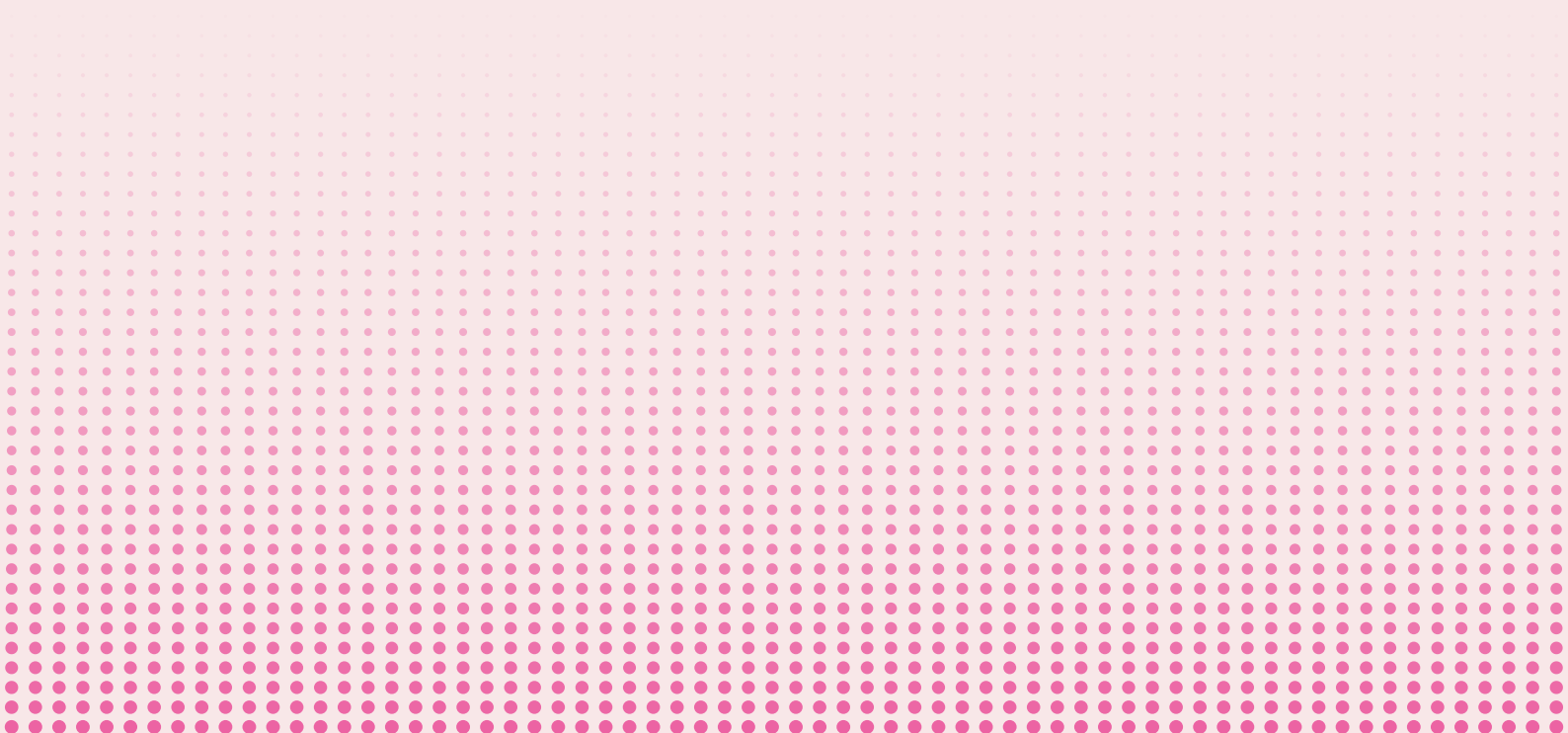
\*PUSH IT on the burpees! Aim to match your reps, or get close to them, as each round goes on.

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

**BALANCED GAL SOCIETY: 3 DAY HOME**

# MONTH 1

*week 3*



## DAY 1 : Lower 1

| ORDER | EXERCISE              | SETS/REPS    | REST                    |
|-------|-----------------------|--------------|-------------------------|
| A     | Goblet Squats         | 4 x 10       | 2:00 between sets.*     |
| B     | Goblet Reverse Lunges | 3 x 10 e/leg | 2:00 between sets.*     |
| C     | Dumbbell Hip Thrust   | 3 x 10-12    | 2:00 between sets.*     |
| D1    | Wall Sit              | 3 x 50s      | 2:00 between sets.*     |
| D2    | Jump Squats           | 3 x 10       | 2:00 between supersets. |

## DAY 2: Upper

| ORDER | EXERCISE                                | SETS/REPS      | REST                     |
|-------|-----------------------------------------|----------------|--------------------------|
| A     | Standing Dumbbell Shoulder Press        | 4 x 10         | 2:00 between sets.*      |
| B     | Bent Over Single Arm DB Row             | 3 x 8-10 e/arm | 2:00 between sets.*      |
| C     | Dumbbell Floor Press                    | 3 x 10         | 2:00 between sets.*      |
| D     | Dumbbell Floor Pullover                 | 3 x 10         | 2:00 between sets.*      |
| E1    | Alternating Bicep Curls                 | 3 x 8 e/arm    | —                        |
| E2    | Tricep Bench Dips ( <b>bodyweight</b> ) | 3 x 8-10       | 2:00 between supersets.* |

### Tricep Bench Dips (**bodyweight**)

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

\*Make sure that whatever you use for these is stable – a dining room chair or something similar is perfect!

## DAY 3: Lower 2

| ORDER | EXERCISE                              | SETS/REPS    | REST                     |
|-------|---------------------------------------|--------------|--------------------------|
| A     | Dumbbell Romanian Deadlifts           | 4 x 10       | 2:00 between sets.*      |
| B     | Dumbbell Frog Pumps                   | 3 x 12-14    | 2:00 between sets.*      |
| C     | Bulgarian Split Squats                | 3 x 10 e/leg | 2:00 between sets.*      |
| D     | Dumbbell Calf Raises                  | 3 x 12       | 2:00 between sets.*      |
| E1    | Russian Kettlebell/<br>Dumbbell Swing | 3 x 10       | —                        |
| E2    | Jump Lunges                           | 3 x 10 e/leg | 2:00 between supersets.* |

### Jump Lunge

\*If you cannot perform jump lunges, do bodyweight reverse lunges instead.

## CORE: Add-On

### 30s On/10s Off:

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

## CONDITIONING: Add-On

### Every 3:00 x 4 (12:00 Total)

30s On/10s Off:

- 8 DB Thrusters
- 12 DB Front Squats
- Max Down-Ups until 2:30 within each 3:00 window.

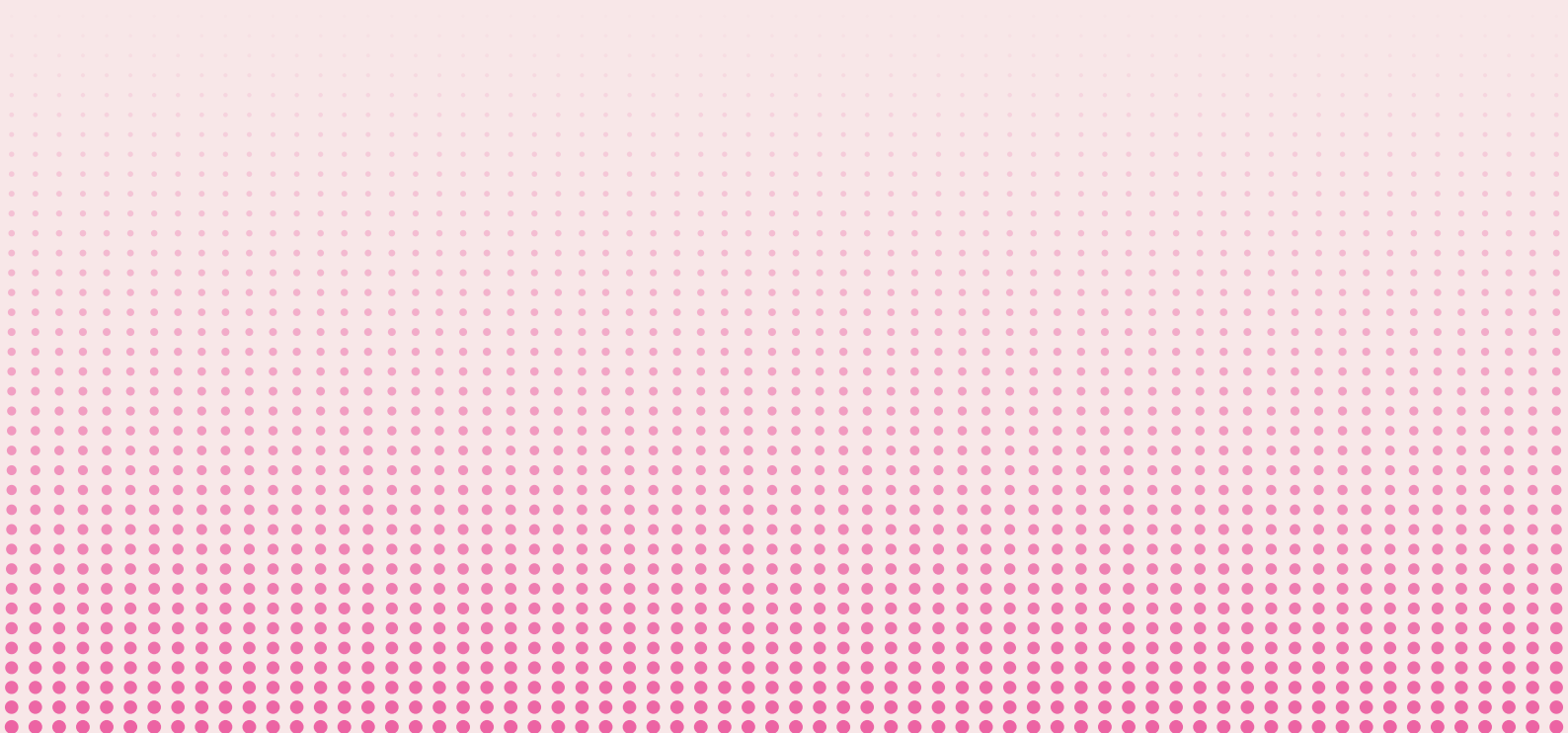
\*You'll have a full 30 seconds rest in each 3 minute window.

\*Score = total Down-Ups across the 4 rounds.

**BALANCED GAL SOCIETY: 3 DAY HOME**

# MONTH 1

*Week 4*



## DAY 1 : Lower 1

| ORDER     | EXERCISE              | SETS/REPS       | REST                    |
|-----------|-----------------------|-----------------|-------------------------|
| <b>A</b>  | Goblet Squats         | 4 x 12          | 2:00 between sets.      |
| <b>B</b>  | Goblet Reverse Lunges | 3 x 10-12 e/leg | 2:00 between sets.      |
| <b>C</b>  | Dumbbell Hip Thrust   | 3 x 12          | 2:00 between sets.      |
| <b>D1</b> | Wall Sit              | 3 x 60s         | 2:00 between sets.*     |
| <b>D2</b> | Jump Squats           | 3 x 10-12       | 2:00 between supersets. |

## DAY 2: Upper

| ORDER     | EXERCISE                                | SETS/REPS      | REST                     |
|-----------|-----------------------------------------|----------------|--------------------------|
| <b>A</b>  | Standing Dumbbell Shoulder Press        | 4 x 10-12      | 2:00 between sets.*      |
| <b>B</b>  | Bent Over Single Arm DB Row             | 3 x 10 e/arm   | 2:00 between sets.*      |
| <b>C</b>  | Dumbbell Floor Press                    | 3 x 10-12      | 2:00 between sets.*      |
| <b>D</b>  | Dumbbell Floor Pullover                 | 3 x 10-12      | 2:00 between sets.*      |
| <b>E1</b> | Alternating Bicep Curls                 | 3 x 8-10 e/arm | —                        |
| <b>E2</b> | Tricep Bench Dips ( <b>bodyweight</b> ) | 3 x 8-12       | 2:00 between supersets.* |

### Tricep Bench Dips (**bodyweight**)

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

\*Make sure that whatever you use for these is stable – a dining room chair or something similar is perfect!

## DAY 3: Lower 2

| ORDER | EXERCISE                              | SETS/REPS       | REST                     |
|-------|---------------------------------------|-----------------|--------------------------|
| A     | Dumbbell Romanian Deadlifts           | 4 x 10-12       | 2:00 between sets.*      |
| B     | Dumbbell Frog Pumps                   | 3 x 14          | 2:00 between sets.*      |
| C     | Bulgarian Split Squats                | 3 x 10-12 e/leg | 2:00 between sets.*      |
| D     | Dumbbell Calf Raises                  | 3 x 12-14       | 2:00 between sets.*      |
| E1    | Russian Kettlebell/<br>Dumbbell Swing | 3 x 10-12       | —                        |
| E2    | Jump Lunges                           | 3 x 10-12 e/leg | 2:00 between supersets.* |

### Jump Lunge

\*If you cannot perform jump lunges, do bodyweight reverse lunges instead.

## 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)

12-10-8-6-4-2

- DB Thrusters
- Burpees

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

\*Work DOWN the ladder... so you'll start with 12 DB Thrusters, then 12 Burpees, then 10 DB Thrusters and so on.

\*If you need to scale this (make easier), do so by changing the DB Thrusters to either DB Push Press or DB Front Squats, and the Burpees to Down-Ups (no jump).

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