



# FEMALE BODY GOALS

DABBS FITNESS PROGRAMS



GET THE MOST OUT OF YOUR TRAINING

TRAIN FOR LIFE.

BUILT FOR THE FEMALE BODY



# Female Body Goals

***This program is expertly built for the female body, focusing on improving body composition, toning muscles, and sculpting the glutes. The phases, sessions, rep and set schemes have been scientifically programmed for you to reach optimal results. The Female Body Goals Program is a process, which will take you through elite strength and conditioning methods for optimal results. The program takes you through different phases where you work on different aspects of training over the months.***

In order to achieve best results, we recommend sticking to the program for a minimum of three months. Each training month has a new training focus, and provides a new stimulus to ensure progression, and prevent stagnation. Remaining consistent and trusting in the process is key. Some days will be easier than others. Push and motivate yourself in the gym, and try to stick to your scientifically designed training program.

Fitness is not something you achieve overnight - fitness is a journey, which you should enjoy. It is important to have targets, however if you enjoy the training process, and focus on training for performance, you will be much more likely to achieve those targets. We hope that all of our clients will adopt fitness and wellness into their lifestyle, which they can enjoy throughout their lives, training for life.

# YOUR PHASES

1

## **STRENGTH**

Introducing basic movement patterns, such as the squat, hinge, push, and pull. Aiming to build a base level of strength.

## **CONDITIONING**

We aim to build your aerobic base through running, which increases each week. We supplement this work with assault bike intervals, which improves your aerobic power.

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## **STRENGTH**

We increase the load each week as we improve your strength levels. We progress some of the movement variations here.

## **CONDITIONING**

A 5 km timed run is prescribed for your running session every week. Try to beat your time each week. Your indoor conditioning day will consist of 500m rowing intervals.

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## **STRENGTH**

Volume is increased in this phase and some further exercise progressions are introduced.

## **CONDITIONING**

Conditioning is more metabolic in this phase as you will be performing longer intervals.

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## **STRENGTH**

Higher reps which decrease as the load increases week by week. We use complementary supersets.

## **CONDITIONING**

General aerobic fitness, which increases each week.

5

## **STRENGTH**

This phase has more of a strength emphasis. The two strength days increase in load each week. Try to lift a bit more each week, and don't start too heavy in week one, allowing room for recovery and progression. Week 4 should be a near maximal week.

## **CONDITIONING**

Conditioning is more power based, as we progress onto interval training. We use rowing intervals, and 1km running intervals

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## **STRENGTH**

A more dynamic phase, with an introduction to speed and power exercises. We include kettlebell swings, and some jumping variations. As well as providing power, these exercises have a great metabolic effect and may assist with fat-burning.

## **CONDITIONING**

We introduce fartlek (speed-play) training for conditioning. This is a great training method, which can be characterised by varying your pace, using slower 'recovery' periods, mixed with faster sprints. This is metabolic and a great way to increase both aerobic fitness and your general running pace. We also use a maximum effort on the airdyne.

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## **STRENGTH**

This phase moves back into higher reps. We use the drop-set method for the last set of your main exercise, emphasising the 'pump' effect, necessary for adaptations in the muscle.

## **CONDITIONING**

Conditioning consists of longer intervals in this phase. 5km time trials are introduced. Aim to beat your time each week!

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## **STRENGTH**

This phase has a new loading method, with the load increasing each set for the primary exercises. This allows the first couple of sets everyday to be mini 'warm up' sets, for the last two sets which are much more intense.

## **CONDITIONING**

Conditioning becomes more metabolic, with 400m sprint intervals used, as well as intervals on the airdyne which have less rest time than in previous phases, creating a more metabolic effect.

# YOUR PHASES

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## STRENGTH

This phase is a strength phase. We build in load through the weeks, eventually lifting high loads for just 6 reps on the primary exercises. We also utilise more classic 'bang for your buck' exercises such as the back squat.

## CONDITIONING

Conditioning is more explosive in this phase to complement your strength training. Hill sprints are used, which will improve your aerobic power.

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## STRENGTH

A more general phase, working in the 8-10 rep range for the primary exercise, maintaining strength. We also introduce some new exercises to challenge the upper body.

## CONDITIONING

Conditioning has more of an aerobic feel, with longer cardio being reintroduced.

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## STRENGTH

A more dynamic phase, we bring back the kettlebell swing and introduce a landmine squat and press which may challenge your upper body strength.

## CONDITIONING

Conditioning consists of metabolic interval training. Both conditioning days are challenging, but effective.

12

## STRENGTH

A hypertrophy phase, with higher volume, utilising agonistic (same muscle) supersets for the increased 'pump' effect necessary for muscle growth.

## CONDITIONING

Longer running is introduced, as conditioning volume is increased each week. Two minute intervals are used on the airdyne, which are highly effective for aerobic capacity improvements.

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## STRENGTH

Having been working consistently for 12 phases, now is time to push your limits. This is a tough strength phase, with the primary strength superset consisting of a challenging lower body, and upper body strength exercise.

## CONDITIONING

Hill sprints are used again to compliment your strength training, and test your conditioning.

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## STRENGTH

This phase has higher volume, with lighter loads and higher reps. We return to the drop set method for the last rep on the primary exercise, to give you more 'pump'. This is an effective method to maximise muscle hypertrophy.

## CONDITIONING

A pyramid loading scheme is used for conditioning, where volume increases every week.

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## STRENGTH

Dynamic phase. Here we include some more challenging full body exercises. There is a combination of strength maintenance, and hypertrophy here. Volume is maintained, as load is increased throughout the phase.

## CONDITIONING

Fartlek training is used to give some variation to conditioning and allow higher speeds to be achieved.



# YOUR WEEKS

*Your training week will consist of two strength sessions, two conditioning sessions, and one metabolic session. With this 5-day program, you need to prioritise your recovery. Below we show some example weeks for how you can integrate recovery methods with you program.*

## EXAMPLE WEEK 1

**MONDAY:** A Strength  
**TUESDAY:** Rest  
**WEDNESDAY:** Conditioning (indoor)  
**THURSDAY:** B Strength  
**FRIDAY:** Running  
**SATURDAY:** Yoga  
**SUNDAY:** Metabolic

## EXAMPLE WEEK 2

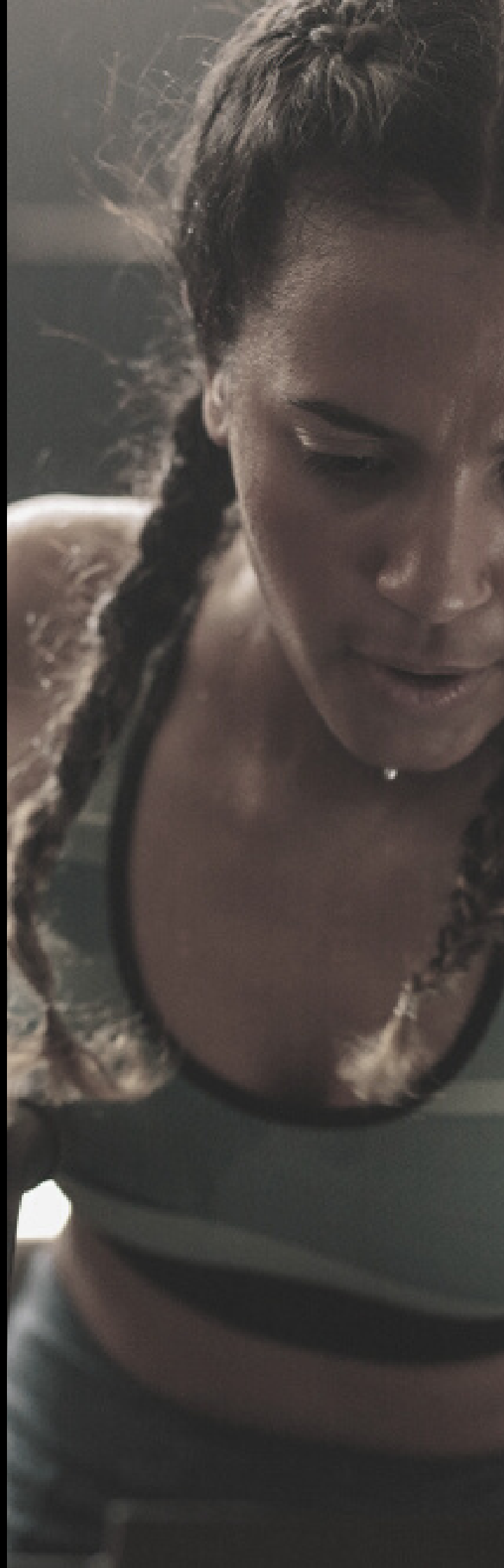
**MONDAY:** Rest  
**TUESDAY:** A Strength  
**WEDNESDAY:** Conditioning (indoor)  
**THURSDAY:** Rest  
**FRIDAY:** B Strength  
**SATURDAY:** Running  
**SUNDAY:** Yoga (skip metabolic)

## EXAMPLE WEEK 3

**MONDAY:** A Strength  
**TUESDAY:** Rest  
**WEDNESDAY:** Running  
**THURSDAY:** Conditioning (indoor)  
**FRIDAY:** Strength B  
**SATURDAY:** Hike  
**SUNDAY:** Metabolic

## IF YOU NEED TO SKIP A DAY

- You can do one extra session next week.
- Sometimes you can do the session with less intensity, and perform a few less sets on days you are more tired or stressed. Still try to do the minimal required dose to maintain.
- We want you to try to make calls through listening to your body and using your best judgement. However, usually the session you least enjoy, is the session which is the most beneficial. So try to prioritise your weaknesses.



# ACTIVATION

## ACTIVATE YOUR GLUTES

It is important to activate specific muscles which you plan to focus on during the session. In particular, we have found this to be crucial for females when training the glutes. Some females are hesitant towards strength train due to the effect on their quads - they can get bigger thighs. You can minimise this effect if you warm up well, which will ensure that you use your glutes maximally.

On every strength day, there is a part of your program called "activation". This is just as important as the strength exercises. Make sure you take your time with this and really activate your glutes before you get into the session. When doing this, you will notice that you use your glutes more in each exercise and you will see the results within a few sessions.

This is similar for the core. Before every session, we activate the core to make sure that we train optimally. The warm up may not seem important, however, it is key to your results.



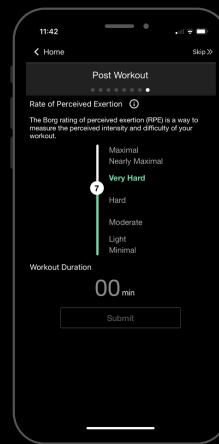
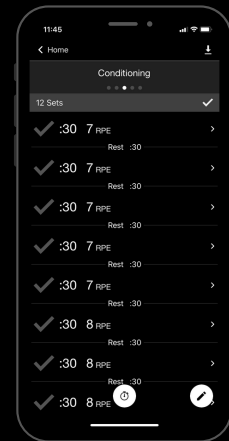
# HOW INTENSE SHOULD I GO?

We use two scales in your program, to give you direction on how intense the exercise should be. We use RPE and %difference. The RPE scale we typically use to determine the intensity for conditioning. We use %difference to determine the load you should lift for the strength exercises.

## RPE SCALE

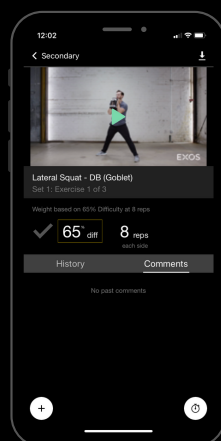
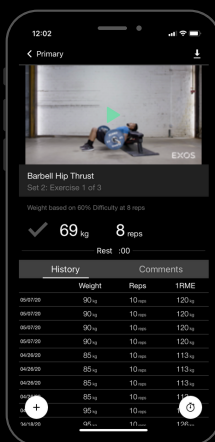
The RPE scale is used to measure the intensity of your exercise and workout. The RPE scale runs from 0–10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 would be how you feel when sitting in a chair; 10 is how you feel at the end of an exercise stress test or after a very difficult activity.

- 0 – Nothing at all
- 0.5 – Just noticeable
- 1 – Very light
- 2 – Light
- 3 – Moderate
- 4 – Somewhat heavy
- 5 – Heavy
- 6
- 7 – Very heavy
- 8
- 9
- 10 –Very, very heavy



RPE SCALE

% DIFFERENCE SCALE



## %DIFFERENCE

This system is very efficient, as it adjusts depending on the rep range. This means that your load for 10 squats at 80% will be different to your load at 5 squats at 80%. The scale is based on how many reps you have left in reserve for any given exercise. After logging your weight for a few sessions, the system will learn your strength and update the load automatically.

If you feel particularly good or bad on a training day, we advise you to adjust the load as necessary. If you do this, remember to update the load you performed. However, try to trust the program, as it is very easy to go too heavy or too light when training on your own. This is why this scale is so useful.

- % 95-100** 0 rep in reserve
- % 90-94** 1 rep in reserve
- % 85-89** 2 reps in reserve
- % 75-85** 3 reps in reserve
- % 65-75** pick a weight you can move easily
- % >65** warm-up sets

# EXERCISE EQUIPMENT REPLACEMENTS

IF YOU DON'T HAVE	CONDITION	REPLACEMENT
CABLES	→	BANDS
TRAP BAR	→	FULL BAR DEADLIFT
KETTLE BELLS	IN THE ACTIVATION OR A CIRCUIT	5 BROAD JUMPS
	IN PRIMARY OR SECONDARY	ROMANIAN DEADLIFT
TRX BANDS	FOR A ROW	DUMBBELL ROW VARIATION
	FOR ABS	EXERCISE BALL
ABDUCTION MACHINE	→	SEATED ABDUCTION BANDED
ADDUCTION MACHINE	→	BALL SQUEEZES
BACK EXTENTION MACHINE	→	THE BENCH FROG
MEDICINE BALLS	FOR A SLAMS	5 EXPOSIVE JUMPS
	FOR ABS	WEIGHT PLATE
BOXING BAG	→	SKIPPING ROPE
BATTLE ROPES	→	BURPEES OR ASSAULT BIKE
ROWING MACHINE	→	OTHER CARDIO MACHINE
ASSAULT BIKE	→	OTHER CARDIO MACHINE



# CAN'T PERFORM AN EXERCISE?

In case you have any injuries, strength restrictions, or movement restrictions, you can swap the exercises in the program to another exercise from the app. Below you find common restrictions and replacements exercises for them.

IF YOU CAN'T DO		REPLACEMENT
CHIN-UPS	→	ASSISTED CHIN-UP VARIATIONS OR A ROW
FRONT SQUAT	→	GOBLET SQUAT
RUNNING	→	ANY OTHER FORM OF CARDIO SUCH AS SWIMMING, CYKLING, OR ROWING
DIPS	→	PUSH-UPS
JUMPING	→	BODY WEIGHT SQUATS OR JUMP ONTO BOX
FULL DEADLIFT	→	TRAP BAR DEADLIFT, RACK PULL, OR RDL



THE BEST DIET FOR YOUR PROGRAM

# WHAT ABOUT DIET?

## EAT FOR YOUR TARGETS

Some females following this program will want to gain muscle, while others may prefer to tone muscles and lose weight. This program will be perfect for both of these goals. The most important factor for changing your body composition is your diet. If you want to build muscle, you need to be in a calorie surplus, and focus on your protein intake. If weight loss is the goal, you need to reduce your calories and enter into a calorie deficit. However, don't make the mistake of trying to lose weight too quickly, in too much of a deficit.

For both muscle growth and fat-loss, females need to make sure they consume a high amount of good quality protein. This is especially important when training on an intense program such as this, as you need to recover. This will allow you to train harder and burn more calories, or grow your glutes if that is the goal.

## FIND YOUR BALANCE

You may hear bodybuilders talking about bulking and cutting. This is one method, however it isn't necessary for results. We recommend in many cases, you stay in an energy balance, enabling you to train hard, and improve fitness and performance. From this solid base, you can make small changes which suit you, to either lose a bit of weight in the lead up to a holiday, or perhaps even build your glutes and increase calories for a short period. This is a healthy approach, and is stable and controllable.

