



Muscle Growth Program For Women





A note from the creators

Our goal is to provide you with a program that will help you sculpt the body you want. We believe that this program is not about perfection. It is about showing up for yourself every day.

This program is designed for women weighing 90kg+ whose primary goal is to build lean muscle, improve tone, and enhance overall physique. Follow the training, nutrition, and cardio guidelines consistently for optimal results over 6–8 weeks.

This program cuts through the noise and focuses on what actually drives muscle growth – building strength, fueling your body properly, and training with purpose and consistency. Whether you're struggling to gain size, feeling stuck with little progress, or lacking structure in your routine, this is your opportunity to take control and start seeing real results. No shortcuts, no gimmicks. Just a clear, structured path to building lean muscle, increasing strength, and developing a stronger, more confident version of yourself.

This is not just another plan that you will end up quitting - but a commitment you will keep.

Show up - even when you don't feel like it. You are building discipline - not chasing motivation.

Your transformation starts now,

N & E

BODYBOSS



How to use this program:

1. Follow the plan consistently (this is everything). Results come from consistency, not perfection. Stick to the training, nutrition, and step targets daily for at least 6–8 weeks before judging progress.

Hit your calorie and protein targets first. If you only get one thing right, make it this.

3. Train with effort, not just attendance. Don't just "go through the motions." Push your sets close to failure while maintaining good form. Progressively try to lift heavier or do more reps over time.

4. Use the meal plan as a flexible guide. You don't have to eat the exact same foods every day. Swap meals within the structure as long as you stay within your calorie and macro targets.

5. Don't skip steps or cardio. Fat loss isn't just about gym sessions.

6. Plan your week in advance. Decide ahead of time. This removes decision fatigue and keeps you on track. Decide:

- When you'll train
- What you'll eat
- When you'll do cardio

7. Track your progress weekly (not daily). Weigh yourself 2–3 times per week and take progress photos. Look for trends over time, not daily fluctuations.

8. Expect challenges — and stick to the program through them. You will have days where motivation drops. That's normal. Discipline, not motivation, is what gets results.

9. Recovery matters. Sleep 6 – 8 hours per night and take your rest days seriously. Fat loss and muscle retention both depend on proper recovery.

10. Adjust only if needed. If after 2–3 weeks, progress is not as desirable:

- Slightly reduce calories OR
- Increase daily activity (steps/cardio)
- Don't make random changes too early.
- Trust the process

For a more personalized program with one-on-one coaching, scan the QR code to book a FREE consultation:



Training Program

Day 1 - Lower Body (Quads & Glutes)	Day 2 - Upper Body Push	Day 3 - Upper Body Pull	Day 4 - Rest Day
Squats 4 Sets 8-12 Reps	Dumbbell Bench Press 4 Sets 10 Reps	Lat Pulldown 4 Sets 10 Reps	
Leg Press 4 Sets 10-15 Reps	Shoulder Press 3 Sets 10 Reps	Seated Rows 3 Sets 10 Reps	
Walking Lunges 3 Sets 12 Reps	Incline Dumbbell Press 3 Sets 10 Reps	Face Pulls 3 Sets 12 Reps	
Leg Extensions 3 Sets 15 Reps	Tricep Pushdowns 3 Sets 12 Reps	Bicep Curls 3 Sets 12 Reps	

Execution Rules:
Follow the plan. Stay consistent. Track progress.

Training Program

Day 5 - Lower Body Glutes/Hamstrings	Day 6 - Full Body	Day 7 - Rest	Cardio Guidelines
Romanian Deadlifts 4 Sets 10 Reps	Leg Press 3 Sets 12 Reps		Daily Steps: 6 000 - 10 000
Hip Thrusts 4 Sets 12 Reps	Dumbbell Bench Press 3 Sets 10 Reps		Optional Cardio: 1 - 2 sessions per week 20 - 30 minutes
Hamstring Curls 3 Sets 12 Reps	Lat Pulldown 3 Sets 10 Reps		
Cable Kickbacks 3 Sets 15 Reps	Romanian Deadlifts 3 Sets 10 Reps		
	Lateral Raises 3 Sets 15 Reps		
	Core (Plank/Crunches) 3 Sets 30 seconds / 10 Reps		

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Meal Guide

Discipline is built in the small things you do daily. These commitments may seem simple - but done consistently, they will change everything.

BREAKFAST OPTIONS (CHOOSE 1):

- Eggs with toast and cottage cheese
- Overnight oats with whey protein and berries
- Protein based smoothie (protein powder of choice, banana, strawberries, milk)

LUNCH OPTIONS (CHOOSE 1):

- Grilled chicken (seasoning of your choice), rice and vegetables of your choice
- Lean mince, baked sweet potato with seasoning of your choice
- Tuna wrap

DINNER OPTIONS (CHOOSE 1):

- Grilled hake with sweet potato fries.
- Honey glazed chicken strips with baby carrots and spinach.
- Lean mince meatballs with, mashed sweet potato and green beans.

SNACK OPTIONS (CHOOSE 1):

- Protein shake
- Fruit of your choice
- Lactose-free yogurt

RECOMMENDED SUPPLEMENTS:

- Protein Powder
- Creatine Monohydrate
- Zinc Picolinate
- Omega-3
- Magnesium Glycinate

CALORIE AND MACRO TARGETS:

- Calories: 2,700 kcal per day
- Protein: 150g
- Carbohydrates: 300g
- Fats: 80g

Protein



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