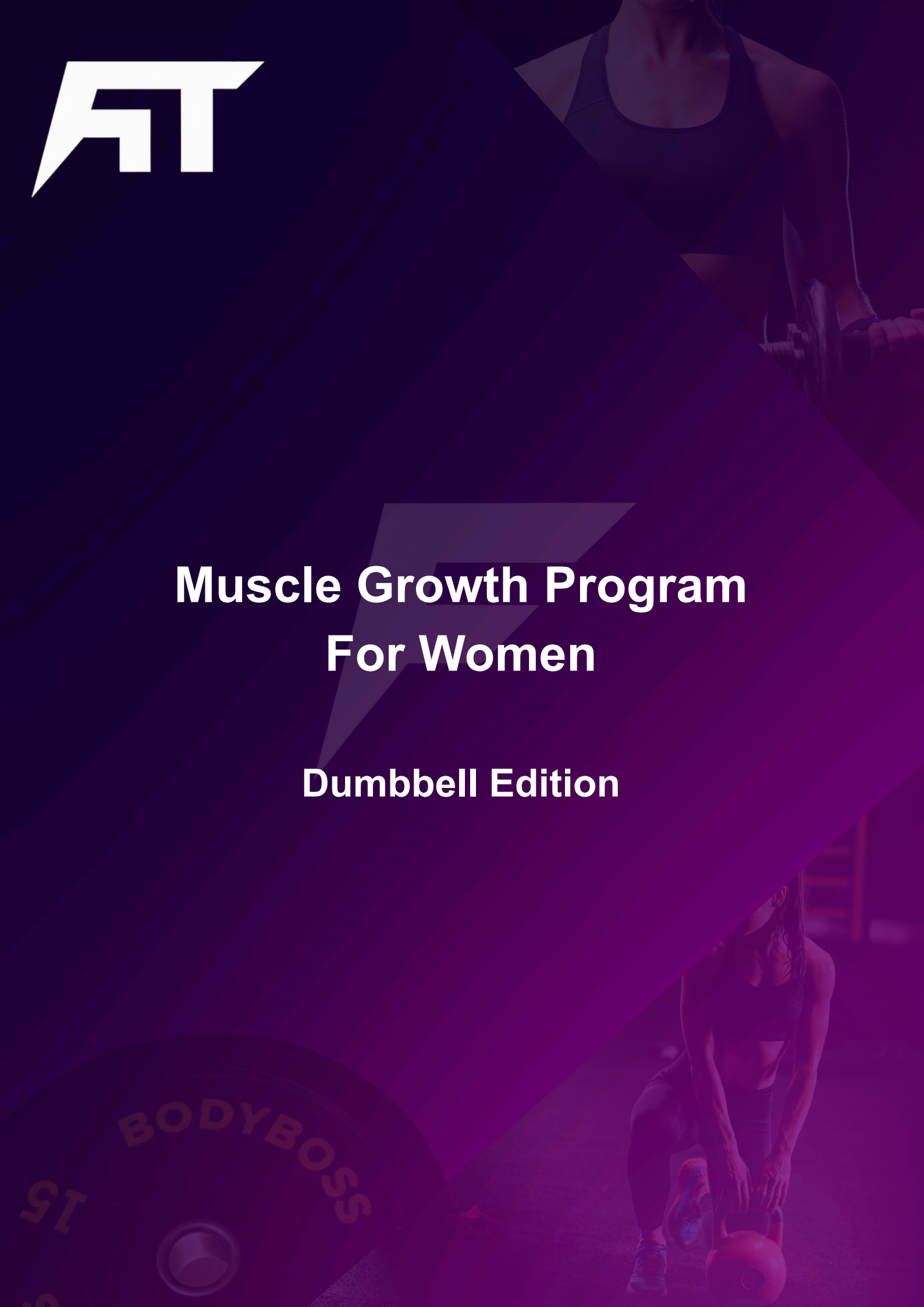




# **Muscle Growth Program For Women**

**Dumbbell Edition**





## 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 whose primary goal is to build lean muscle, improve tone, and enhance overall physique.

This program cuts through the noise and focuses on what actually works – burning fat, building strength, and improving fitness using only dumbbells. Whether you don't have access to a gym, feel intimidated by other equipment, or struggle with consistency, this is your opportunity to take control and get results anywhere. No complicated setups, no gimmicks. Just a clear, structured path to becoming leaner, fitter, and stronger using simple, effective bodyweight training you can stick to long-term.

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.
2. 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.
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

| Workout 1                                          | Workout 2                                            | Workout 3                                                   | Cardio Guide                                                     |
|----------------------------------------------------|------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------------|
| <b>Goblet Squats</b><br><br>4 Sets<br>12 - 15 Reps | <b>Dumbbell Bench Press</b><br><br>4 Sets<br>10 Reps | <b>Dumbbell Romanian Deadlifts</b><br><br>4 Sets<br>10 Reps | <b>Daily Steps:</b><br><br>6 000 - 10 000                        |
| <b>Dumbbell Lunges</b><br><br>4 Sets<br>12 Reps    | <b>Shoulder Press</b><br><br>3 Sets<br>10 Reps       | <b>Step-Ups</b><br><br>3 Sets<br>12 Reps                    |                                                                  |
| <b>Hip Thrusts</b><br><br>4 Sets<br>12 Reps        | <b>Tricep Extensions</b><br><br>3 Sets<br>12 Reps    | <b>Lateral Raises</b><br><br>3 Sets<br>15 Reps              | <b>Optional Cardio:</b><br><br>1 - 2 sessions<br>20 - 30 minutes |
| <b>Plank</b><br><br>3 Sets<br>30 - 45 seconds      | <b>Crunches</b><br><br>3 Sets<br>12 Reps             | <b>Glute Kickbacks</b><br><br>3 Sets<br>15 Reps             |                                                                  |

## Execution Rules:

Train 4-5 times a week.

Progress by increasing reps or slowing the tempo.

Follow the plan. Stay consistent. Track progress.



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## Nutrition and Macronutrients Guide

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

### CALORIE AND MACRO TARGETS:

#### 45 - 55 kg

- Calories: 1, 900 kcal per day
- Protein: 110g
- Carbohydrates: 220g
- Fats: 60g

#### 55 - 65 kg

- Calories: 2, 100 kcal per day
- Protein: 120g
- Carbohydrates: 240g
- Fats: 65g

#### 65 - 75 kg

- Calories: 2, 300 kcal per day
- Protein: 130g
- Carbohydrates: 260g
- Fats: 70g

#### 75 - 90 kg

- Calories: 2, 500 kcal per day
- Protein: 140g
- Carbohydrates: 280g
- Fats: 75g

#### 90kg+

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

Protein

# 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

Protein



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