

SEXY AS F*CK!
8 WEEK TRANSFORMATION

Women's Workout Routines

Developed By:
Joe Arko
Sara Fennell

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Welcome to your **Sexy As F*ck** workout programs. We have included THREE workout programs and before you get started we want to make sure you understand how to use these programs effectively.

Before starting each workout, we recommend starting off with a dynamic warm up followed by some foam rolling. This will help activate your nervous system, warm up your body and prepare it for intense exercise.

If you are a true beginner, we recommend you start off with Phase 1 for three-four weeks. You might want to start with 2-3 sets of each exercise and work your way up to the full 4 sets of each exercise. This isn't a race and if it takes you more than 8 weeks to get through all the programs that's completely okay!

If you have been training for awhile, we recommend doing Phase 1 for two weeks, then proceeding to Phase 2 for three weeks and then finishing with Phase 3 for three weeks.

The KEY to these programs is INTENSITY on your weight days and SPEED on your Conditioning days. Make sure to PUSH YOURSELF on your weight training days by using weights that make it hard to complete the rep ranges set out in the program. If it says 8-10 reps, the weight you are using should be heavy enough that 10 reps is almost impossible to get. Once you can get 11 or 12 reps, it's time to increase your weight! With the conditioning programs, make sure to perform each exercise with speed BUT MAKE SURE TO ALSO HAVE STRICT FORM!!!

We have included some videos in the SAF Membership Section. There are some great resources on how to perform some of the leg exercises properly, and also things like how to foam roll before or after your workouts which we recommend you do!

Also, with fat loss being the focus, we recommend walking everyday for at least 30 minutes along with performing post workout cardio for 15-30 minutes. If you have been training for a few months you can also incorporate the HIIT Cardio Protocols as outlined in your Advanced Cardio Regime 2 times per week.

Joe Arko
www.joearko.com

Sara Fennell
www.sarafennell.com

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Phase One:

Day One Weights:

Circuit One

Incline DB Bench Press	4 x 8-12	zero rest and super set with.....
Bodyweight Jump Squats	4 x 15-20	zero rest and super set with.....
Side Plank	4 x 12-15	1-3 minute rest between sets

Circuit Two:

Cable lat Pulldowns	4 x 8-10	zero rest and super set with.....
Alternate Lunges	4 x 8-10each	zero rest and super set with
Plank	4 x 30-40sec	1-3 minute rest between sets

Circuit Three:

Seated DB Shoulder Press	4 x 10-12	zero rest and super set with.....
Seated DB Bicep Curls	4 x 10-12	zero rest and super set with.....
Cable Tricep Rope Extensions	4 x 10-12	1-3 minute rest between sets

Day Two Weights:

Circuit One

Chest Press machine	4 x 10-12	zero rest and super set with.....
Lying Hip Thrusts on floor	4 x 15-20	zero rest and super set with.....
Crunches on SB	4 x 12	1-3 minute rest between sets

Circuit Two:

Leg Press	4 x 12-15	zero rest and super set with.....
Standing DB Shoulder Press	4 x 12-15	zero rest and super set with
Seated MB Twists	4 x 30-45sec	1-3 minute rest between sets

Circuit Three:

Seated Cable Row for Back	4 x 10-12	zero rest and super set with.....
Step ups	4 x 12 each	zero rest and super set with.....
Side Plank on Elbow	4 x 20-40 sec	1-3 minute rest between sets

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Day Three Weights:

Circuit One

Seated Leg Extensions	4 x 15	zero rest and super set with.....
Lying Hamstring Curls	4 x 15	zero rest and super set with.....
Plank	4 x 30-45sec	1-3 minute rest between sets

Circuit Two:

Single Arm DB Shoulder Press	4 x 12	do both arms then zero rest and super set with.....
Single Arm DB Lateral Raises	4 x 12	do both arms then zero rest and super set with
Plank on SB	4 x 30-45 sec	1-3 minute rest between sets

Circuit Three:

Bicep Curl Machine	4 x 12	zero rest and super set with.....
Tricep Machine	4 x 12	zero rest and super set with.....
Lying Scissor Kicks for Abs	4 x 30-45 sec	1-3 minute rest between sets

SB = Stability Ball

DB = Dumbbell

MB= Medicine Ball

BW= Body Weight

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Phase Two:

Day One Weights: Lower Body

Circuit One

Leg Press 4 x 6-8 zero rest and super set with.....
Reverse Lunges 4 x 8-10 2-3 minute rest between sets

Circuit Two

[DB Bulgarians](#) 4 x 10 (hold bottom position for 1 second) zero rest and super set with.....
Jumps Squats 4 x 12(hold bottom position for 1 second) 2-3 minute rest between sets

Circuit Three

[Cable Split Squats](#) 4 x 8-12 zero rest and super set with.....
BB Hip Thrusts 4 x 8 2-3 minute rest between sets

Circuit Four

Lying Hamstring Curls 4 x 10-12 zero rest and super set with.....
Single Leg Hip Extensions 4 x 10-12 2-3 minute rest between sets

Day Two Weights: Upper Body

Circuit One

Push up 4 x max zero rest and super set with.....
TRX Rows 4 x 12 zero rest and super set with.....
Side Crunch 4 x 12 2-3 minute rest between sets

Circuit Two

[Rope Row to Neck](#) 4 x 10 zero rest and super set with.....
[1 ¼ Lat Pulldwn](#) 4 x 10 zero rest and super set with.....
[Cable Pullover](#) 4 x 10 2-3 minute rest between sets

Circuit Three

[Seated 1 ¼ Shoulder Press](#) 4 x 8-10 zero rest and super set with.....
DB Lateral Raises 4 x 8-10 zero rest and super set with.....
Alternate DB Front Raise 4 x 10 2-3 minute rest between sets

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Day Three: Conditioning

Circuit One: 4 sets, 20-30 seconds each exercise, 60-90 seconds rest between sets

Mountain Climbers	zero rest and super set with.....
TRX Rows	zero rest and super set with.....
Crunches on SB	zero rest and super set with.....
MB Slams	60-90 seconds rest between sets

Circuit Two: 4 sets, 20-30 seconds each exercise, 60-90 seconds rest between sets

Grappler Press	zero rest and super set with.....
Bent Over DB Row	zero rest and super set with.....
Alt Knee/Crunch	zero rest and super set with.....
75 skips	60-90 seconds rest between sets

Circuit Three: 4 sets, 20-30 seconds each exercise, 60-90 seconds rest between sets

KB clean and press	zero rest and super set with.....
Rowing Machine	zero rest and super set with.....
Burpies	zero rest and super set with.....
Bench Hops	60-90 seconds rest between sets

Day Four: Conditioning

Circuit One: 4 sets, 20-30 seconds each exercise, 60-90 seconds rest between sets

Pushups	zero rest and super set with.....
KB Swings	zero rest and super set with.....
Goblet Squat	zero rest and super set with.....
Burpies	60-90 seconds rest between sets

Circuit Two: 4 sets, 20-30 seconds each exercise, 60-90 seconds rest between sets

50 skips	zero rest and super set with.....
V-ups	zero rest and super set with.....
50 skips	zero rest and super set with.....
MB Twists	zero rest and super set with.....
50 skips	zero rest and super set with.....
Twisting Plank	60-90 seconds rest between sets

Circuit Three: 4 sets, 16 reps per exercise, 2 minutes rest between sets

BW Squats	zero rest and super set with.....
Alternate Lunges	zero rest and super set with.....
Jump Lunges	zero rest and super set with.....
Jump Squats	120 seconds rest between sets

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Phase Three:

Day One Weights: High Rep Leg Day

Circuit One

Leg Press 4 x 20-25 only 60 seconds rest between sets

Circuit Two

DB Reverse Lunges 4 x 20 per leg only 60 seconds rest between sets

Circuit Three

Hamstring Curls 4 x 20 zero rest and super set with...

BB Hip Thrust 4 x 20 only 60 seconds rest between sets

Circuit Four

DB Bulgarians 4 x 20 each leg zero rest and super set with...

DB Step ups 4 x 20 per leg only 60 seconds rest between sets

Day Two Weights: High Rep Upper Body

Circuit One

Flat Bench or DB Press 4 x 20-25 zero rest and super set with...

Lat Pulldown 1 ¼ 4 x 20-25 60-90 seconds rest between sets

Circuit One

Incline DB press 4 x 20 zero rest and super set with...

Seated Cable Rows 4 x 20 60-90 seconds rest between sets

Circuit One

DB Lateral Raises 4 x 20 zero rest and super set with...

Standing DB Shoulder Press 4 x 20 60-90 seconds rest between sets

Circuit One

Cable Bicep Curls 4 x 20 zero rest and super set with...

Cable Rope Extensions 4 x 20 60-90 seconds rest between sets

Joe Arko

www.joearko.com

Sara Fennell

www.sarafennell.com

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Day Three: Conditioning

Circuit One: 4 sets, 20-30 seconds each exercise, 60-90 seconds rest between sets

Push-ups	zero rest and super set with.....
Side Lunges	zero rest and super set with.....
DB Squat and Shoulder Press	zero rest and super set with.....
Bench Dips	zero rest and super set with.....
MB Slams	60-90 seconds rest between sets

Circuit Two: 4 sets, 20-30 seconds each exercise, 60-90 seconds rest between sets

Barbell Rows	zero rest and super set with.....
Barbell Military Press	zero rest and super set with.....
Rollouts	zero rest and super set with.....
Plank Pushups	zero rest and super set with.....
75 skips	60-90 seconds rest between sets

Circuit Three: 4 sets sets, 20-30 seconds each exercise, 60-90 seconds rest between sets

Renegade Rows	zero rest and super set with.....
Jump Squats	zero rest and super set with.....
Seated MB Twists	zero rest and super set with.....
Mountain climbers	zero rest and super set with.....
Bulgarian Split Squats	60-90 seconds rest between sets

Day Four: KILLER Conditioning

4-6 sets, 20-30 seconds each exercise, 3 minutes rest between set

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|-----------------------|-----------------------------------|
| 1. Pushups | zero rest and super set with..... |
| 2. Mountain Climbers | zero rest and super set with..... |
| 3. Jump Squats | zero rest and super set with..... |
| 4. MB Slams | zero rest and super set with..... |
| 5. Bench Hops | zero rest and super set with..... |
| 6. Burpies | zero rest and super set with..... |
| 7. DB Push Press | zero rest and super set with..... |
| 8. Overhead KB Lunges | zero rest and super set with..... |
| 9. 50 skips | zero rest and super set with..... |
| 10. 500m Row | 3 minutes rest between sets |