

6 Week

LIFT LIKE A GIRL
Strength Training Program



N I A S H A N K S

6 Week
Lift Like a Girl
Strength Training Program



By Nia Shanks
www.NiaShanks.com aka www.LiftLikeaGirl.com

Disclaimer

The *6 Week Lift Like a Girl Strength Training Program* is not medical advice and is not intended to replace the advice or attention of health-care professionals. Always consult your physician before beginning or making any changes in your diet and/or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

You must get your physician's approval before making any changes to your diet and/or exercise program including every step discussed in this program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to taking any advice from this program/manual or if you have any medical condition or injury that contraindicates physical activity or supplementation. This advice is intended for healthy individuals 18 years and older only.

The information in this program is meant to supplement, not replace, proper exercise training and nutrition along with the approval of your physician. All forms of exercise and nutrition pose some inherent risks. The author advises all readers to take full responsibility for their safety and know their limits and seek expert guidance for performing all of the exercises contained within this program. The exercises and dietary recommendations in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program or making any changes. If you are taking any medication, you must talk to your physician before starting any exercise program, including any recommendations in this program. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. Do not perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, if you have had any injuries, may have an injury, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use any information in this program, please follow your doctor's orders. This information is intended for informational use only. Nia Shanks or NS Fitness LLC will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information.

In addition, make sure you use equipment that is properly maintained and safe. You must also have the exercises taught to you by a certified personal trainer or strength coach and have a spotter with you during exercises.

6 Week Lift Like a Girl Strength Training Program

Howdy and thanks for grabbing a copy of this program! I truly hope you enjoy this gift and that it allows you to experience what it means to *Lift Like a Girl* while helping you to become a stronger, more awesome version of yourself.

Let's dive right in, shall we?

The goal of this six week program is simple, yet incredibly powerful and rewarding – to introduce you to the Lift Like a Girl way of strength training and to make you realize, and be proud of, what your body is capable of doing.

What makes the Lift Like a Girl Strength Training Program unique?

For one, you will not focus on achieving as much fatigue as possible, burning a ton of calories, or wearing yourself out each time you enter the gym. Those things don't matter and can actually be counterproductive. In fact, there's a good change you'll leave the gym with more energy than when you started your workout with this Lift Like a Girl program.

Sound crazy? It's not.

Your primary objective with each workout is simple – *improve your performance whenever possible and do a little better than last time.*

And as you'll see, the Lift Like a Girl workouts champion the *quality* of work over the quantity.

The 6 Week Lift Like a Girl Strength Training Program is all about making you a stronger, more awesome version of yourself. You'll accomplish that with only three strength training workouts per week, by improving your performance, and having a ton of fun in the process as you experience just how strong you truly are.

It doesn't matter what your primary goal may be – lose fat or get stronger – for the next six weeks I don't want you to think about anything other than improving your performance with each workout and becoming a more awesome version of yourself. Nothing else matters.

Make that your only focus – **doing a little better each time you repeat a workout** – and I think you'll be exceedingly pleased with the results you achieve at the end of the six weeks; not just physically, but mentally as well. Please note I'm not saying you'll look drastically different after completing this program. After all, it's only six weeks. But, you'll likely see some results if you work hard, and I can practically guarantee you'll *feel* a difference.

Get ready to discover, and be proud of, just how strong, awesome, and incredible you truly are.

Workout Notes

Before you begin your first workout, please look through the following Workout Notes very carefully. **To make sure you're comfortable with the Workout Notes, I suggest you read them before every workout for the first two weeks of the program.** This will ensure you're doing everything correctly.

- Perform each workout once per week, on non-consecutive days, for a total of three strength workouts per week. For example: Monday, Wednesday, and Friday works well if you prefer the weekends off but you can set this up however it works best for you.
- Each exercise has a prescribed number of sets and reps. For example, you may see 4x3-6. That means you'll perform 4 total *work sets* (does not include warm-ups) for 3-6 reps each set.
- If an exercise has a number by it (1, 2, etc) then perform all of the prescribed sets for that exercise before moving on. If an exercise has a number plus letter by it (1a, 1b, or 2a, 2b) then you perform those exercises as a superset. That means you'll do a set of 1a (or 2a), rest as needed, then do a set of 1b (or 2b). Repeat until you perform the prescribed number of sets for each exercise.
- **The main goal each time you repeat a workout is to do a little better than last time.** Perform an extra rep or two, or add a bit more weight. Just improve your performance whenever possible. This is crucial.
- **Use a challenging load.** This too is very important. You want to use a weight (or variation in the case of bodyweight exercises) that is challenging and forces you to work hard. For example, if the exercise you're doing calls for eight reps but you're using a weight you could easily handle for 15+ reps, you're not working hard enough. Be sure to challenge yourself but *never* sacrifice form or safety for more weight.

If you're not sure how much weight to use for an exercise(s), use the first week to break into the program. Remember, you can, and should, improve your performance the following week by doing an extra rep or two or increasing the weight.

- **Warm-up sets.** Perform 1-5 warm-up sets for each exercise. The more weight an exercise allows (e.g. deadlifts) the more warm-up sets you'll need to perform.

The Sets and Reps listed in the workouts are *work sets* and do not include warm-up sets. Perform 1-5 warm-up sets for each exercise before doing the work sets. Exercises that allow for heavier weights (e.g. squats and deadlifts) will require more warm-up sets. Use 1-5 warm-up sets with progressively heavier weights and decreasing reps.

For example assuming a work weight of 60 pounds:

- Warm-up Set #1: 15 pounds x 8 reps
- Warm-up Set #2: 30 pounds x 5 reps
- Warm-up Set #3: 45 pounds x 3-5 reps

There's no real right or wrong way to warm-up. Just do whatever gets you best prepared (without fatiguing yourself) for the work sets.

- **Regarding rest periods:** rest as long as needed to be prepared for the next set, but no longer. Exercises that allow you to move a lot of weight (e.g. deadlifts and squats) will require longer rest periods between sets (around 90 seconds to 2 minutes, depending on how much weight you can use) while other exercises may only require 30-60 seconds.
- **What about cardio?** So glad you asked. Throughout the 6 Week Program, I suggest one of two options. One, go for a brisk walk on non-lifting days (20-45 minutes each time works well). Two, be active in a fun, enjoyable way a few times per week. The options are endless, and feel free to be creative. I prefer exploring local state and national parks and hike whenever possible, but do whatever you enjoy. The point of this program is to put 100% effort into the strength training workouts and then get in some extra activity on non-lifting days. Don't overcomplicate this. Get stronger, move more when possible, and have some fun.
- Keep a training log. Make sure you record every workout you perform; don't rely on your memory. Keep track of the weight used, sets and reps performed, and even the rest periods if you'd like. This way you don't have to guess what you did the previous workout. Plus, at the end of the six weeks you'll be able to look back at what you've accomplished.

For your convenience please find printable Workout Logs beginning on page 11. Of if you prefer to use your smart phone, Fitocracy is an excellent app.

- **To prevent getting too sore:** if you haven't been strength training regularly for at least a couple of months, or you're just getting back into strength training, it's a great idea to **start with half of the sets listed in the workouts**. By doing half of the prescribed sets you'll be less likely to get sore, or at least too sore.

So if you don't want to risk getting overly sore, only perform about half of the sets listed in the workouts. For example, with Workout 1, you would only perform two sets of deadlifts, push-ups, and pulldowns (or pull-ups). Then finish the workout with only one, maybe two, sets of lunges and reverse crunches.

Over the course of a couple weeks you can gradually work up to the prescribed number of sets and reps. For example, for the first week perform just two sets, and then the second or third week, perform three sets. And then the next week you should be ready to perform all of the prescribed sets.

- Need some help with nutrition? No problem! [The Nutrition Survival Guide](#) is a great place to start (that's an article on Lift Like a Girl). Nutrition shouldn't be complicated, and that article keeps things sane and simple.
- Have FUN and be proud of what your body can do!
- Note – all workout programs from the [Lift Like a Girl Store](#) have exercise demonstration videos. However, because I'm giving this program away for free, I excluded the videos (because some are used in programs people have purchased). After deliberation I decided it wasn't fair to give away videos that others have paid for. I'm sorry if this is an inconvenience and I appreciate your understanding.

The 6 Week **Lift Like a Girl** Strength Training Program

Please be sure to thoroughly read the Workout Notes before beginning the workout program.

Perform each of the three workouts once per week on non-consecutive days over the course of six weeks. That means you'll perform each workout a total of six times each.

Workout 1

1) Rack Pull or Trap Bar Deadlift (or Single Leg RDL)* – 4 x 3-6

2a) Push-up** – 3 x 7, 1 x 10

2b) Neutral Grip Pull-up or Pulldown^ – 3 x 7, 1 x 10

3a) Reverse Lunge – 2 x 8, 1 x 12 each leg

3b) Reverse Crunch – 3 x 10 - 20

*Choose one variation and stick with it for the duration of the program. Begin at the high end of the rep range (6 reps) and each week add 5-10 pounds. Strive for 6 reps again, but if you don't get it, that's fine. Don't go lower than 3 reps, and if that's all you can do at any point, stick with that weight until you can perform 5 reps, and then add weight once again.

If you're not comfortable performing deadlifts or don't have the equipment, perform [single leg RDLs](#) for 4x8-12 reps each leg.

**If you can't (yet!) perform traditional push-ups, elevate your hands on a sturdy bench, box, or barbell set securely in a power rack. As you get stronger, lower the bench/barbell and gradually progress to performing them on the floor. If you can already bust out push-ups, then make them more challenging by elevating your feet, using a resistance band for added resistance, weight vest, or have a friend hold a weight plate on your back.

^Use either option. If you prefer pull-ups but can't do them with your bodyweight, use resistance bands for assistance. Refer to [this article](#) to learn how to correctly perform band assisted pull-ups.

Workout 2

- 1a) Rear Foot Elevated Split Squat – 3 x 7, 1x 10 each leg
- 1b) Inverted Row – 3 x 8, 1 x 10 - 12

- 2a) 1 Arm Dumbbell Push Press – 3 x 7, 1 x 10 each arm
- 2b) Back Extension – 2 x 10, 2 x 15

- 3) Kettlebell Swings – 3 x 12 – 20

Workout 3

- 1) Goblet Squat or Barbell Squat* – 3-4 x 8-12 (3-4 sets, 8-12 reps)

- 2a) 1 Arm Dumbbell Bench Press – 3 x 8, 1 x 10 each arm
- 2b) 1 Arm Dumbbell Row – 3 x 8, 1 x 10 each arm

- 3a) Dumbbell Romanian Deadlift (RDL) – 3 x 10 – 12
- 3b) Ab Wheel Rollout – 3 x as many as possible

* Choose one variation and stick with it for the duration of the program. Begin at the high end of the rep range (12 reps) and each week add 5-10 pounds. Strive for 12 reps again, but if you don't get it, that's fine. Don't go lower than 8 reps, and if that's all you can do during any workout, stick with that weight until you can perform 10 reps, and then add weight once again.

6 Week
Lift Like a Girl
Strength Training
Program
Workout Logs

Workout 1

Exercise	Set 1	Set 2	Set 3	Set 4
1) Rack Pull or Trap Bar Deadlift (or Single Leg RDL)				
• Week 1				
• Week 2				
• Week 3				
• Week 4				
• Week 5				
• Week 6				
2a) Push-up				
• Week 1				
• Week 2				
• Week 3				
• Week 4				
• Week 5				
• Week 6				
2b) Neutral Grip Pull-up or Pulldown				
• Week 1				
• Week 2				
• Week 3				
• Week 4				
• Week 5				
• Week 6				
3a) Reverse Lunge				
• Week 1				--
• Week 2				--
• Week 3				--
• Week 4				--
• Week 5				--
• Week 6				--
3b) Reverse Crunch				
• Week 1				--
• Week 2				--
• Week 3				--
• Week 4				--
• Week 5				--
• Week 6				--

Workout 2

Exercise	Set 1	Set 2	Set 3	Set 4
1a) Rear Foot Elevated Split Squat				
• Week 1				
• Week 2				
• Week 3				
• Week 4				
• Week 5				
• Week 6				
1b) Inverted Row				
• Week 1				
• Week 2				
• Week 3				
• Week 4				
• Week 5				
• Week 6				
2a) 1 Arm Dumbbell Push Press				
• Week 1				
• Week 2				
• Week 3				
• Week 4				
• Week 5				
• Week 6				
2b) Back Extension				
• Week 1				
• Week 2				
• Week 3				
• Week 4				
• Week 5				
• Week 6				
3) Kettlebell Swings				
• Week 1				--
• Week 2				--
• Week 3				--
• Week 4				--
• Week 5				--
• Week 6				--

Workout 3

Exercise	Set 1	Set 2	Set 3	Set 4
1) Goblet Squat or Barbell Squat				
• Week 1				
• Week 2				
• Week 3				
• Week 4				
• Week 5				
• Week 6				
2a) 1 Arm Dumbbell Bench Press				
• Week 1				
• Week 2				
• Week 3				
• Week 4				
• Week 5				
• Week 6				
2b) 1 Arm Dumbbell Row				
• Week 1				
• Week 2				
• Week 3				
• Week 4				
• Week 5				
• Week 6				
3a) Dumbbell RDL				
• Week 1				--
• Week 2				--
• Week 3				--
• Week 4				--
• Week 5				--
• Week 6				--
3b) Ab Wheel Rollout				
• Week 1				--
• Week 2				--
• Week 3				--
• Week 4				--
• Week 5				--
• Week 6				--

I Hope You've Enjoyed the 6 Week Program!

Once you complete the program, I hope those six weeks are nothing less than amazing.

You'll then know from personal experience what it means to Lift Like a Girl and become a stronger version of yourself. I applaud your effort!

It's my sincerest hope that you enjoy this 6 Week Lift Like a Girl Strength Training Program and I hope you achieve some great results and that you're incredibly proud of what you've accomplished.

Once you complete the program, please take a moment to look back on what you accomplished, *and be incredibly proud of your hard work and the results you achieved.*

All too often we think about the future and the additional goals we'd like to achieve while neglected to be proud of what we already accomplished. Make sure you take a few moments to look back over the workout logs and be truly proud of what you've done over the past six weeks.

Want ANOTHER Free Gift?

It's raining presents!

If you haven't done so already, I invited you to subscribe to the Lift Like a Girl Newsletter and join the revolution! As you can see (and hopefully experienced with this program), Lifting Like a Girl is all about improving your health and fitness by becoming a stronger, more awesome version of yourself.

No crazy dieting. No overly exhausting workouts. Just sane, simple, and proven principles.

You'll also get a free gift when you join – *The Beautiful Badass Mini Course.*

[Click HERE to sign up for the Lift Like a Girl Newsletter!](#)

Click that link to sign up and grab your free gift.

Where to go from Here?

If you enjoyed the *6 Week Lift Like a Girl Strength Training Program*, then you may want to progress to one of the other strength training programs offered in the Lift Like a Girl Bookstore. Whether you want to get stronger, lose fat, sculpt some muscle, or just improve your overall health, you can find a program for you.

All programs include demonstration videos for all exercises, plus some other useful stuff.

And you can . . .

[Click Here to browse the Lift Like a Girl Store.](#)

Here's the direct link as well: <http://www.niashanks.com/shop/>

And if you need any help picking out your next workout program, please contact me at [nia\(at\)niashanks.com](mailto:nia@niashanks.com) and I'll help you choose the best program for you.