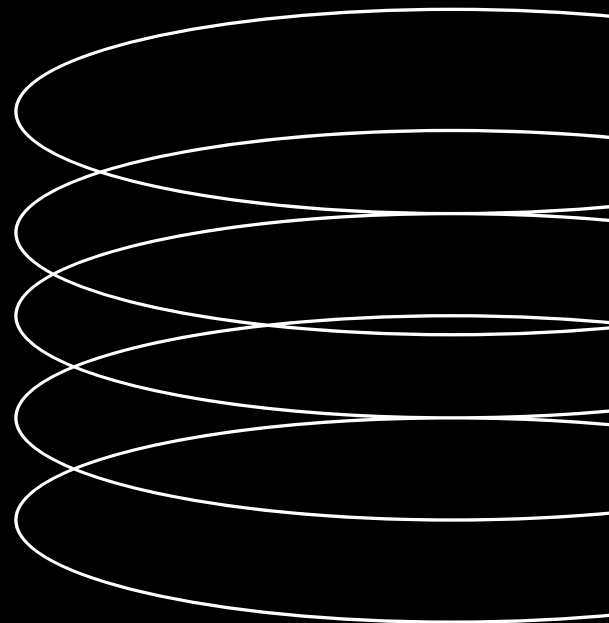


# The 3x-Per- Week Workout Formula (ladies)



BY COACH SULAIMAN – THE  
FITNESS AMBASSADOR





# Why This Guide

*Fitness doesn't have to feel like a full-time job.*

*As a coach who's trained clients across different schedules. from busy moms to 9-5 professionals and even university students, I've found that consistency always beats complexity. That's why I created this guide.*

*This 3x-per-week plan is for anyone who:*

- *Feels overwhelmed trying to work out every day*
- *Needs a flexible structure that still brings results*
- *Wants to lose fat, build strength, or just stay active*

*Let's get into it.*

# THE CORE IDEA

You don't need long, intense daily workouts. You just need three focused sessions per week that cover:

- Functional movement
- Strength and toning
- Heart-healthy cardio

This approach helps you:

- ✓ Shape and tone your body
- ✓ Boost your energy and confidence
- ✓ Stay consistent
- ✓ Avoid injury or burnout



# Weekly Schedule Example



# Lower Body + Core (Legs, Glutes & Abs)

- 15-minute walk or Cycling
- Glute bridges – 3 sets of 15
- Squats (bodyweight or dumbbell) – 3x12
- Standing lunges – 3x10 per leg
- Side-lying leg raises – 3x12 each side
- Crunches – 3x15
- 30-second plank

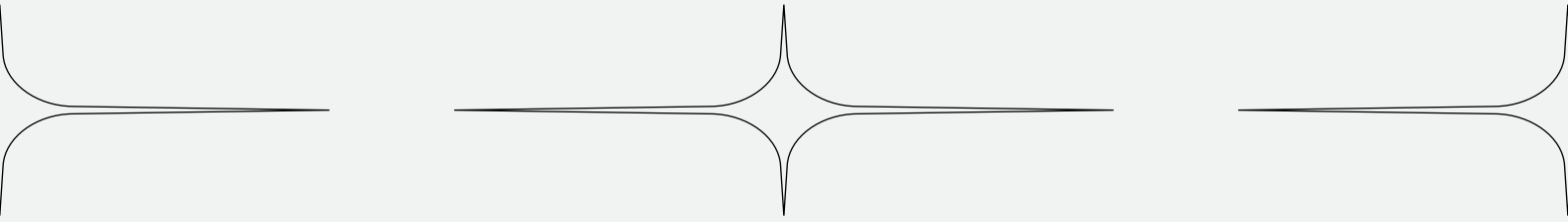


## Upper Body + Posture Boost

- Arm circles (warm-up) – 2 minutes
- Bent-over rows – 3 sets of 10
- Dumbbell shoulder press – 3 sets of 10
- Knee push-ups – 3 sets of 10
- Dumbbell bicep curls – 3 sets of 12
- Bird-dog (core + balance) – 2 sets of 12
- Plank with shoulder taps – 30 seconds

# Day 3: Full Body + Fat Burn (HIIT-style)

- Jumping jacks – 1 min
- Bodyweight squats – 1 min
- Step-back lunges – 1 min
- High knees – 30 secs
- Russian twists – 30 secs
- Glute bridge pulses – 30 secs
- Repeat 2x

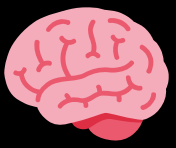




# Customization Tips



- DON'T WORRY ABOUT FOLLOWING THE SAME DAYS EACH WEEK , JUST COMPLETE 3 SESSIONS EVERY 7 DAYS.
- YOU CAN REPLACE EXERCISES WITH YOUR FAVORITES, JUST KEEP THE STRUCTURE.
- ON REST DAYS, DO LIGHT WALKING, STRETCHING, OR MOBILITY WORK.



# Why It Works



This plan gives your body time to recover, which is where the real growth happens. It also keeps you mentally engaged because you're not overdoing it.

Instead of stressing about not working out every day, you'll now have a clear roadmap that works for real life.

 WANT IT CUSTOMIZED?



This guide is just the starting point. If you want a plan:

- Tailored to your body type and goals
- Built around your weekly schedule
- With accountability & support

👉 [Apply for coaching here](#)

Let's simplify your journey and make fitness a lifestyle.

Coach Sulaiman Ajisafe  
The Fitness Ambassador

 Author, Workout Compass

 Host, FITFIX Monthly Webinar

  Host, Walk2Fitness & Cycling  
Community

 DM or WhatsApp:

[wa.me/2348163702286](https://wa.me/2348163702286)