

**ADVANCED FEMALE BADASS TRAINING
6 WEEK FOR SCULPT YOUR ASS AND BURNING FATS**



FRANCESCOGREZZALEGACY.ALTERVISTA.ORG

#FRANCESCOGREZZALEGACY

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MANY GIRLS TRAIN WITH A MAIN GOAL IMPROVING THE LOW BODY IN PARTICULAR LEGS AND BUTT, NOT NECESSARILY ALL HAVE AS A GOAL TO DEVELOP THE MUSCULAR VOLUME AT MAXIMUM CAPACITY, BUT THEY WANT TO WORK MAINLY ON THE MUSCULAR TONNESS GOING TO DECREASE IN% THEIR MASS FAT, BECAUSE WITHOUT A CORRECT AND BELANCED ALIMENTATION THIS WILL NOT BE POSSIBLE WHEN YOU CAN TRAIN LONGER IF YOU ASSUME MORE FOOD IN TERMINATION OF CALORIES HIGHER THAN YOUR OWN ENERGY SAVINGS AND NEEDS WILL NOT BE ABLE TO LOSE WEIGHT OR REDUCE THE GREASE MASS AND IT IS NECESSARY TO CREATE A DEFICIT EVEN MINIMUM BUT THAT GOES ON THE BASIS OF MULTIPLE FACTORS AS IT WOULD BE TOO SIMPLE TO DETERMINE A CORRECT WEIGHT LOSS FROM THIS, IN FACT THE CHOICE OF FOOD IS AS FUNDAMENTAL AS THEIR QUALITY AND THE MOMENT AT WHICH YOU TAKE IT INFLUENCE A LOT THE FINAL RESULT, I WANT REMEMBER ESPECIALLY THE GIRLS WHO CAN NEVER REACH THE SAME LEVELS OF MUSCULAR VOLUME AS A MAN AS THEY DO NOT HAVE A QUANTITATIVE HORMONAL RELEASE AT THE EQUALITY OF A MAN BUT NECTALLY LOWER AND AS THIS DETERMINES THE INCREASE IN MUSCULAR VOLUME EXCEPT DIFFERENT TYPE OF RARE PATALOGIES HORMONAL IN A NATURAL WAY YOU WILL NOT CAN GROW MUSCULARLY LIKE A MAN, THEN YOU MUST SAY THAT YOU NEVER NEED TO EXAGGERATE WITH CERTAIN EXERCISES FOR THE HIGH PART OR DRASTICALLY REDUCE THE MASS FAT % BECAUSE A FAT LOSSES DO NOT COME IN TO SEPARATE DEPARTMENTS BUT THROUGHOUT THE BODY AND FOR GIRLS WHO DO NOT HAVE A PRONUCIED BREAST CAN GO TO REDUCE IT FURTHER FOR THIS AND IMPORTANT TRAINING WITH CRITERION AND WITHOUT EXAGGING FOR THIS THE ALIMENTATION AND TRAINING MUST GO TO THE MEETING, ANOTHER THING I FEEL EXPLAIN AND THE FACT THAT THE ABOVE WEIGHT IN BODYBUILDING IT HAS NO SIGNIFICANCE TO DEFINE AN EXCELLENT PHYSICAL STATE AS THE MUSCLE WEIGHS IS MORE THAN WEIGHT OF FAT AND WILL INFLUENCE THE FINAL WEIGHT, THEREFORE YOU LEARN TO COMPARE YOUR RESULTS AT THE MIRROR AND THROW BALANCES AND METERS. TRAINING WITH CRITERION CONCERNS ALSO IN KNOWING THE REPETITION AND THE STIMULATION OF THE MUSCULAR FIBER THAT GOES TO CREATE DURING TRAINING, THERE ARE DIFFERENT TYPES OF MUSCULAR FIBERS SIMPLIFY THERE ARE QUICK WHITE - INTERMEDIATE AND RED FIBERS THAT ARE ALSO SLOW THAN THESE 3 TYPES OF FIBER ARE DEFERENT IN THE FACT THAT THEY ARE TO BE STIMULATED IN A DEFERENT WAY ACCORDING TO THE NUMBER OF REPEATS, WORKING LOAD AND INTENSITY, FAST WHITE FIBERS ARE STIMULATED WITH LOW REPETITIONS UP TO 1/5 AND HIGH LOADS AND EXPLOSIVE EXECUTIONS AND HIGH RECOVERY, INTERMEDIATE FIBERS WITH A HIGH PERCENTAGE OF WHITE FIBERS BUT ALSO INVOLVING A LITTLE REDS FROM 6/10 AND FIBERS RED FROM 12/15, THESE TYPES OF FIBERS ARE DIFFERENT FROM THE FACT THAT THE FIRST 2 ESPECIALLY THE SECONDS FROM 6/10 TEND TO HAVE AS A FINAL RESULT THE DEVELOPMENT OF THE MUSCULAR VOLUME WHILE THE RED FIBERS HAVE NO THIS SIGNIFICANTLY DEVELOPING THE VOLUME, BECAUSE MANY GIRLS APPOINTED, THEY DO NOT HAVE THE OBJECTIVE OF THE MUSCULAR DEVELOPMENT AND THEREFORE ADVISED TO ADOPT MEDIUM HIGH REPETITIONS SO THAT YOU CAN WORK ON THE TONIC AND NOT ON SPECIFIC FOR INCREASE THE VOLUME, FOR THIS THE ADVANCED FEMALE BADASS TRAINING WAS IDEATED WITH THE GOALS OF TONING YOU ALL THE BODY BUT WITH A PARTICULAR CONCENTRATION ON THE LOWER PART AS MANY GIRLS WISH, AND IMPORTANT WHEN YOU [CONTINUE NEXT PAGE]-->

AND IMPORTANT WHEN YOU BUILD A FEMALE TRAINING PROGRAM ALWAYS REMEMBER THAT ALL EXERCISES FOR THE LOWER PART MUST BE AT THE END OF THE TRAINING ACCOMPANIED BY EXERCISES FOR THE UPPER PART FOR THE PURPOSE OF NOT GOING TO CREATE STAGNATIONS THAT MAY ENCOURAGE THE COMING OF THE MOST FEARED CELLULITE!

THE ADVANCED FEMALE BADASS TRAINING IS PERFORMED IN 4 WEEKLY SPLIT ON MONDAY - TUESDAY - THURSDAY AND FRIDAY WHERE THEY ARE EXERCISES ON THE MULTI-ARTICULAR EXERCISES THAT INVOLVE THE WHOLE BODY BUT MORE CONCENTRATED ON THE TONING OF LOWER ARTS OTHERWISE THIS WORKOUT DOES NOT TAKE THE NAME OF BADASS FOR NOTHING! IN THE DAYS OFF A SESSION OF CARDIO HIIT (ALTERNATIVELY GOES ALSO A SIMPLE CARDIO SESSION THAT CAN BE 20/30 MINUTES OF RUNNING ON ROAD OR TAPIS OR ELLIPTICAL) FOLLOWED BY AN ABDOMINAL CIRCUIT THAT WILL HAVE AS A GOAL BURNING NUMEROUS CALORIES WHICH COMBINED WITH AN APPROPRIATE ALIMENTATION WILL ENABLE YOU TO REDUCE MASS FAT IN %, IT IS APPROPRIATE TO FOLLOW THE CARDIO PROGRAM BEFORE MAKING BREAKFAST FOR THOSE WHO TEND TO HAVE DECREMENT OF SUGARS, IT IS RECOMMENDED TO MAKE A SMALL MEAL THAT WILL BE FOLLOWED AFTER FROM THE BREAKFAST, FOR THOSE WHO WANT TO CONCENTRATE THE WORK ON THE LOSS OF FAT AND ALWAYS RECOMMENDED TO INCREASE LIPID OXIDATION WAIT AT LEAST 30/40 MINUTES BEFORE MAKING THE POST TRAINING WHICH CAN ALSO BE FOLLOWED DIRECTLY FROM THE LUNCH OR FROM THE DINNER IF YOU TRAIN IN TIMETABLES CLOSED TO THESE MEALS, WHILE AFTER A LONG TIMES WITHOUT EAT NOTHING AS THE NIGHT IT'S IMPORTANT MAKE THE MEAL IMMEDIATELY AFTER THE TRAINING TO TRY TO AVOID A POSSIBLE CATABOLISM ESPECIALLY IF THEY FOLLOW DRASTIC DIET WITH HIGH DEFICIT. SUPPLIES RECOMMENDED FIRST TO DO CARDIO IS A CLASSIC BCAA 2: 1: 1 (1 GR EVERY 10 KG OF WEIGHT) REMEMBERING THAT FOR THE AMINO ACIDS HOW ALSO FOR THE PROTEINS YOU MUST CALCULATE THE DOSAGE ON THE BASIS OF THE LEAN MASS AND NOT IN THE TOTAL WEIGHT AND TO CALCULATE THEIR COMPOSITION IN AN ACCURATE MANNER YOU MUST PERFORM A BIO-IMPEDENTIOMETRY, THERE MAY BE OTHER SUPPLEMENTS THAT CAN HELP YOU WITH RECOVERY AS THE ZINC AND MAGNESIUM BUT IT IS RECOMMENDED TO FOLLOW A CORRECT ALIMENTATION THAT GOES NOT TO CREATE A DEFICIT, BUT AT A HIGH LEVEL OF SPORTS THEY ARE OFTEN RECOMMENDED, AS IT IS ALWAYS RECOMMENDED TO CONTACT YOUR DOCTOR TO EVALUATE EFFECTIVE DEFICIT AND DO NOT MAKE YOURSELF AS YOU TAKE SUPPLEMENTS WITHOUT CRITERION AND A REAL NEED AND WITHOUT KNOWING IF YOU ACTUALLY HAVE A SPECIFIC DEFICIT THIS CAN LEAD TO SERIOUS DAMAGES FOR YOUR HEALTH.

I ALSO REMEMBER THAT AS ALL THE PROPOSED TRAINING PROTOCOL THEY ARE MADE FOR A SPECIFIC RESULT AS IN THIS CASE IT'S A BASIC PROGRAM FOR THE TONE AND FAT LOSS HOW CAN YOU DO A CIRCUIT TRAINING, FUNCTIONAL, TOTAL BODY WHO MAY HAVE THE SAME KINDS OF BENEFITS. FOR THIS YOU CAN PERSONALIZE THIS PROGRAM ACCORDING TO YOUR SPECIFIC GOAL OR PREFERENCE OR REQUEST A CUSTOMIZED PROGRAM IT ACCORDING TO YOUR NEEDS.

BUT NOW STOP TALKING AND KICKS THE ASS,

SEE HOW THE WORKOUT IS STRUCTURED!

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BEFORE TRAINING: WARM-UP 5' TAPIS/CYCLETTE + EXERCISES FREE-BODY

AFTER TRAINING: 5' WALK TAPIS/CYCLETTE + STRETCHING

DAY 1

SQUAT BARBELL 5X12/15 REC 1'

LUNGE BARBELL 4X12/15 REC 1'

LATERAL LEG RAISE SS KICK BACK (LOW CABLE OR ANKLE WITH WEIGHT IN 2 TIMES) 3X12/15 REC 1'

CALF WITH DUMBBELL (SINGLE) 4X12 REC. 30"

SHOULDER PRESS 4X12 REC. 1'

LATERAL RAISE 3X12 REC. 1'

DAY 2

LATERAL SUMO SQUAT WITH DUMBBELL 4X12/15 REC 1'

SWING KETTLEBELL OR DUMBBELL OR LOW CABLE WITH ROPE 4X12/15 REC 30"

SINGLE LEG PRESS 3X12/15 REC 1'

LAT MACHINE PRONE 4X12 REC 1'

ROW DUMBBELL 3X12 REC 30"

DAY 3

REVERSE HYPEREXTENSION 4X12/15 REC 30"

ROMANIAN DEADLIFT DUMBBELL 4X12/15 REC 1'

LEG CURL PRONE 3X12/15 REC 1'

ABDUTOR/ADDUCTOR (SS) 3X12/15 REC 1'

BENCH PRESS DUMBBELL 4X12 REC 1'

CHEST PRESS 3X12 REC 1'

DAY 4

HACK SQUAT 3X12/15 REC 1'

BULGARIAN LUNGE DUMBBELL 3X12/15 REC 1'

STEP UP ON BOX OR BENCH ALTERNATE WITH DUMBBELL 3X12/15 REC 1'

GOOD MORNING BARBELL 3X15 REC 1'

PUSH DOWN WITH BAR HIGH CABLE 4X12 REC 1'

KICK BACK DUMBBELL 3X12 REC 1'

CURL DUMBBELL ALTERNATE 4X12 REC. 1'

CURL HUMMER LOW CABLE WITH ROPE 3X12 REC. 1'

DAY OFF

**RUNNING OR TAPIS/ELLIPTICAL
HIIT 20' (WARM UP 5' - 30" SPRINT - 1' REC)
AT THE END: STRETCHING**

+

ABS CIRCUIT 5/6 TIMES REC 1'

**LEG RAISE 12
CRUNCH 12
V-UPS 12
CRUNCH TWIST 12
PLANK 30"**