
FANGS AND FURY
A CHEATERIE HALLOWEEN WORKOUT
DISCIPLINE SURVIVES EVERYTHING
HARDER THAN FEAR
FEMALE EDITION



FANGS AND FURY

FEMALE EDITION ♀

4 WEEKS • 3 WORKOUTS PER WEEK

ABOUT THE PROGRAM

This version is tailored with exercises that generally appeal more to women.

HOW IT WORKS

This program runs for **4 weeks,** with 3 workouts per week, divided into two phases:

- **Weeks 1–2:** You'll follow the initial set of exercises.
- **Weeks 3–4:** You'll either progress to new exercises or increase the reps on the ones you've already been doing.

FLEXIBLE SCHEDULE

If you'd like, you can extend the schedule (for example, Weeks 1–3 and Weeks 4–6). The key is to keep progressing and aim to improve each week.

ALTERNATIVES INCLUDED

We've included alternatives for most exercises in case you don't have access to specific equipment.

WHAT MATTERS MOST

Consistency:

- Get your workouts in each week.
- Clean up your diet.
- **Have a guilt-free cheat day!**

LOCK IN.

YOU'RE STRONGER THAN YOU THINK, MORE DISCIPLINED THAN YOU KNOW, AND MORE CAPABLE THAN YOU'VE EVER ALLOWED YOURSELF TO BELIEVE. **LOCK IN AND KEEP THE FOCUS.**



Workout Set A – Squats (any variation)

Note: *Do exercise A one week at a time. Perform exercise A for 5 sets Week 1, 6 sets Week 2, etc. Perform a light warm-up set to begin Workout Set A.* ***Your goal is to his 10 reps for each round. No more. No less.*** *Make sure you hit the rep target for each day. Rest 2-5 minutes between sets. You can perform* ***Back Squats, Goblet Squats, Box Squats, Smith Machine Squats.*** *The* ***ORANGE*** *numbers represent the amount of reps you need to hit that day. No exceptions.* ***Check the box when it is completed.***

☐	**Week 1 A - Squats (any variation)**	**10 REPS**	WEIGHT	1	2	3	4	5	X	X	X
			REPS								**50 REPS**
☐	**Week 2 A - Squats (any variation)**	**10 REPS**	WEIGHT	1	2	3	4	5	6	X	X
			REPS								**60 REPS**
☐	**Week 3 A - Squats (any variation)**	**10 REPS**	WEIGHT	1	2	3	4	5	6	7	X
			REPS								**70 REPS**
☐	**Week 4 A - Squats (any variation)**	**10 REPS**	WEIGHT	1	2	3	4	5	6	7	8
			REPS								**80 REPS**

Workout Set B – Glutes + Abs Circuits

Note: ***Only do two circuits per week!*** ***Perform the first two circuits weeks 1-2 and the final two circuits weeks 3-4.*** *Increase the weight for each exercise as it gets easier. Read notes below for more details.*

Wk 1-2	**Week 1-2 B-1 - Walking Lunges**	Use bodyweight, dumbbells or barbell. Start with low weight and increase enough to challenge you as you progress through the rounds.	**14 total REPS**	WEIGHT	1	2	3	4	X	
				REPS						**56 REPS**
	Week 1-2 B-2 - Reverse Crunches		**12 REPS**	WEIGHT	1	2	3	X	X	
				REPS						**36 REPS**
Wk 1-2	**Week 1-2 B-1 - Shoulder Press**	Use barbell or dumbbells	**15 REPS**	WEIGHT	1	2	3	4	X	
				REPS						**60 REPS**
	Week 1-2 B-2 - Sit-ups		**13 REPS**	WEIGHT	1	2	3	X	X	
				REPS						**39 REPS**
Wk 3-4	**Week 3-4 B-1 - Bulgarian Split Squats**	Use ONE dumbbell. Hold onto a bar or other stable surface. Dumbbell should be in opposite hand of leg being worked.	**10 REPS each leg**	WEIGHT	1	2	3	4	5	
				REPS						**50 REPS each leg**
	Week 3-4 B-2 - Reverse Crunches		**12 REPS**	WEIGHT	1	2	3	4	5	
				REPS						**60 REPS**
Wk 3-4	**Week 3-4 B-1 - Shoulder Press**	Use barbell or dumbbells	**15 REPS**	WEIGHT	1	2	3	4	5	
				REPS						**75 REPS**
	Week 3-4 B-2 - Sit-ups		**13 REPS**	WEIGHT	1	2	3	4	5	
				REPS						**65 REPS**

Note: ***For Weeks 1-2:*** *Perform four rounds of Circuit B-1 and three rounds of Circuit B-2.* ***Hit the given rep totals for your B-1 exercises*** *marked in* ***orange.*** ***Your B-2 ab exercises*** *will* ***combine*** *for* ***75 reps each day.*** ***For Weeks 3-4:*** *perform all* ***five rounds for each exercise. Hit the given rep totals for your B-1 exercises*** *marked in* ***orange.*** ***Your B-2 ab exercises*** *will increase to* ***125 reps each day.*** *Increase the weight for each exercise as it gets easier. Make sure it's not too heavy where you can't hit your rep goals for each exercise, each day.*





Workout Set A – Hip Thrusters

Note: *Do exercise A one week at a time. Perform exercise A for 5 sets Week 1, 6 sets Week 2, etc. Perform a light warm-up set to begin Workout Set A.* ***Your goal is to his 10 reps for each round. No more. No less.*** *Make sure you hit the rep target for each day. Rest 2-5 minutes between sets. If you don't have a platform to* ***Hip Thrust*** *from, do* ***Glute Bridges*** *from the floor with the same approach. The* ***ORANGE*** *numbers represent the amount of reps you need to hit that day. No exceptions.* ***Check the box when it is completed.***

☐	**Week 1 A - Hip Thrusters** Use barbell or dumbbells	10 REPS	WEIGHT	1	2	3	4	5	X	X	X	50 REPS
			REPS									
☐	**Week 2 A - Hip Thrusters** Use barbell or dumbbells	10 REPS	WEIGHT	1	2	3	4	5	6	X	X	60 REPS
			REPS									
☐	**Week 3 A - Hip Thrusters** Use barbell or dumbbells	10 REPS	WEIGHT	1	2	3	4	5	6	7	X	70 REPS
			REPS									
☐	**Week 4 A - Hip Thrusters** Use barbell or dumbbells	10 REPS	WEIGHT	1	2	3	4	5	6	7	8	80 REPS
			REPS									

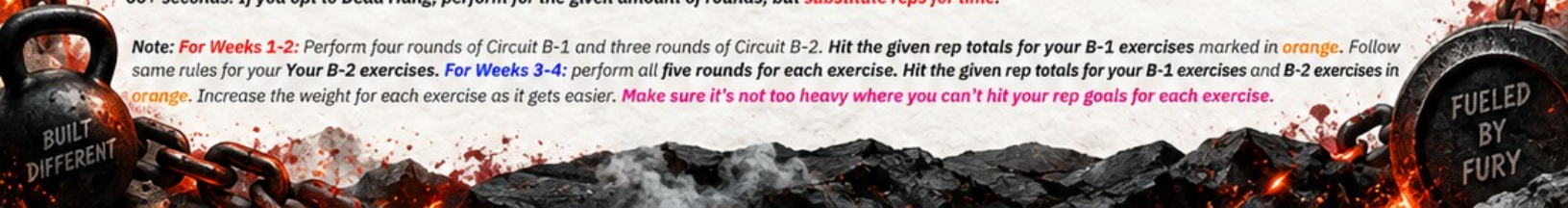
Workout Set B – Back + Hamstrings

Note: ***Only do two circuits per week!*** ***Perform the first two circuits weeks 1-2 and the final two circuits weeks 3-4.*** *Increase the weight for each exercise as it gets easier. Read notes below for more details.*

Wk 1-2	**Week 1-2 B-1 - Pull-up Variation** See notes below	8-10 REPS	WEIGHT	1	2	3	4	X	32-40 REPS
			REPS						
	Week 1-2 B-2 - Dumbbell Floor Press	12 REPS	WEIGHT	1	2	3	X	X	36 REPS
			REPS						
Wk 1-2	**Week 1-2 B-1 - Romanian Deadlifts** Use barbell or dumbbells	10 REPS	WEIGHT	1	2	3	4	X	40 REPS
			REPS						
	Week 1-2 B-2 - Dumbbell Biceps Curls	12 REPS	WEIGHT	1	2	3	X	X	36 REPS
			REPS						
Wk 3-4	**Week 3-4 B-1 - Pull-up Variation** See notes below	8-10 REPS	WEIGHT	1	2	3	4	5	40-50 REPS
			REPS						
	Week 3-4 B-2 - Dumbbell Bench Press	12 REPS	WEIGHT	1	2	3	4	5	60 REPS
			REPS						
Wk 3-4	**Week 3-4 B-1 - Sumo Romanian Deadlifts** Use barbell or dumbbells	10 REPS	WEIGHT	1	2	3	4	5	50 REPS
			REPS						
	Week 3-4 B-2 - Dumbbell Alternating Biceps Curls	12 REPS each arm	WEIGHT	1	2	3	4	5	60 REPS
			REPS						

Pull-up Note: For Pull-ups*, do any variation that you are capable of doing. For women, pull-ups are VERY tough, which means* ***you should learn to do them.*** *As part of your pull-up training, do them on an* ***Assisted Pull-up Machine.*** *If you don't have one available, choose one of the following exercises to perform every week:* ***Lat Pulldowns*** *(on any machine),* ***Inverted Rows (with TRX or similar), Wide-Grip Seated Rows, Dumbbell Bent Over Rows.*** *If you can't do any of the aforementioned exercises, focus solely on* ***Negative Pull-ups: Jump or step to the top of the bar, slowly lower yourself (5–10s) down to a complete dead hang. You will train the same muscles and get stronger. If you are not capable of doing a Negative Pull-up right now, focus on Dead Hangs: Grip the pull-up bar, hang with arms fully extended, keep legs straight or crossed at ankles, engage your muscles so that you do not swing. Hold for 15-30 seconds. Each week improve on your hang time, working up to 60+ seconds. If you opt to Dead Hang, perform for the given amount of rounds, but substitute reps for time.***

Note: ***For Weeks 1-2:*** *Perform four rounds of Circuit B-1 and three rounds of Circuit B-2.* ***Hit the given rep totals for your B-1 exercises*** *marked in* ***orange****. Follow same rules for your* ***Your B-2 exercises.*** ***For Weeks 3-4:*** *perform all* ***five rounds for each exercise. Hit the given rep totals for your B-1 exercises*** *and* ***B-2 exercises*** *in* ***orange****. Increase the weight for each exercise as it gets easier.* ***Make sure it's not too heavy where you can't hit your rep goals for each exercise.***



C Workout

STRONGER SCARIER DISCIPLINED

FEMALE EDITION

FFIII FEAR

DAY 3



SAME WORK. DARKER YOU.

Workout Set A – Deep Sumo Squats

Note: *Do exercise A one week at a time. Perform exercise A for 5 sets Week 1, 6 sets Week 2, etc. Perform a light warm-up set to begin Workout Set A.* ***Your goal is to hit 10 reps for each round. No more. No less.*** *Make sure you hit the rep target for each day. When you do* ***Deep Sumo Squats****, pick* ***ONE*** *heavy dumbbell that challenges you but still allows good form. Hold it vertically with both hands. Stand with your feet wider than shoulder-width apart, toes pointed out about 30–45°.* ***This "sumo stance" helps open your hips for depth.*** *Let the dumbbell hang straight down between your legs. arms fully extended.* ***Feel the BIG STRETCH in your glutes as your butt gets closer to the ground. Get as close as the dumbbell allows.*** *The* ***ORANGE*** *numbers represent the amount of reps you need to hit that day. No exceptions.* ***Check the box when it is completed.***

☐	Week 1 A - Deep Sumo Squats	10 REPS	WEIGHT	1	2	3	4	5	X	X	X
			REPS								50 REPS
☐	Week 2 A - Deep Sumo Squats	10 REPS	WEIGHT	1	2	3	4	5	6	X	X
			REPS								60 REPS
☐	Week 3 A - Deep Sumo Squats	10 REPS	WEIGHT	1	2	3	4	5	6	7	X
			REPS								70 REPS
☐	Week 4 A - Deep Sumo Squats	10 REPS	WEIGHT	1	2	3	4	5	6	7	8
			REPS								80 REPS

Workout Set B – Fully Body Circuit

Note: ***Only do two circuits per week!*** ***Perform the first two circuits weeks 1-2 and the final two circuits weeks 3-4.*** *Increase the weight for each exercise as it gets easier. Read notes below for more details.*

Wk 1-2	Week 1-2 B-1 - Alternating Reverse Lunges	Choose a weight that fatigues your muscle at the given rep range. Find that magic number	10 REPS each leg	WEIGHT	1	2	3	4	X		
				REPS							40 REPS each leg
	Week 1-2 B-2 - Seated Rows	Choose a weight that allows you to hit your rep goal. Your goal of 15 MUST be tough but doable. As an alternative, do **Dumbbell Bent Over Rows, Dumbbell Chest Supported Rows or TRX Inverted Rows**	15 REPS	WEIGHT	1	2	3	X	X		
				REPS							45 REPS
Wk 1-2	Week 1-2 B-1 - Crunch Kicks	See notes below	15-20 REPS	WEIGHT	1	2	3	4	X		
				REPS							60-80 REPS
	Week 1-2 B-2 - Dumbbell Lateral Raises		15 REPS	WEIGHT	1	2	3	X	X		
				REPS							45 REPS
Wk 3-4	Week 3-4 B-1 - Alternating Reverse Lunges	Choose a weight that fatigues your muscle at the given rep range. Find that magic number	10 REPS each leg	WEIGHT	1	2	3	4	5		
				REPS							50 REPS each leg
	Week 3-4 B-2 - Seated Rows	Choose a weight that allows you to hit your rep goal. Your goal of 20 MUST be tough but doable. As an alternative, do **Dumbbell Bent Over Rows, Dumbbell Chest Supported Rows or TRX Inverted Rows**	20 REPS	WEIGHT	1	2	3	4	5		
				REPS							100 REPS
Wk 3-4	Week 3-4 B-1 - Crunch Kicks	See notes below	20-25 REPS	WEIGHT	1	2	3	4	5		
				REPS							100-125 REPS
	Week 3-4 B-2 - Dumbbell Lateral Raises		15 REPS	WEIGHT	1	2	3	4	5		
				REPS							75 REPS

Note: ***For Crunch Kicks*** *Place your hands on the floor behind you to support the movement. Kick your legs out slowly to the floor as you lean back with your upper body, lowering both ends of your body to the floor. Do this in one fluid movement. Bring your knees and chest back together and crunch. Repeat.* ***Here is a good example:*** ***https://www.youtube.com/watch?v=2ig-vBiCcv0.***

Note: ***For Weeks 1-2:*** *Perform four rounds of Circuit B-1 and three rounds of Circuit B-2.* ***Hit the given rep totals for your B-1 exercises*** *marked in* ***orange****. Follow the same rules for your* ***Your B-2 exercises.*** ***For Weeks 3-4:*** *perform all* ***five rounds for each exercise. Hit the given rep totals for your B-1 exercises*** *and* ***B-2 exercises*** *in* ***orange****. Increase the weight for each exercise as it gets easier.* ***Make sure it's not too heavy where you can't hit your rep goals for each exercise.***

DISCIPLINE BITES HARDER

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