

LALICIC METHOD

— 8-WEEK STRENGTH & COMPOSITION
PROGRAM

LADIES PROGRAM.

Built on how your body actually adapts across the month — training hard when you can push, training smart when recovery is the priority. Strength first, composition follows.

8 WEEKS
DURATION

4X / WEEK
SESSIONS

FULL GYM
EQUIPMENT

— WHY THIS PROGRAM IS DIFFERENT

TRAINED, NOT SHRUNK.

Most programs marketed to women are a lighter copy of a men's plan — same exercises, smaller dumbbells, more reps, and a promise of "toning." This one isn't. It's a genuine strength program that treats you as an athlete, and it's organised around something most plans ignore entirely: that your capacity to handle hard training is not identical every week of the month.

THE THREE PRINCIPLES

- 1. Strength drives composition.** Getting stronger on a handful of big lifts changes your shape far more reliably than chasing burn or fatigue. We train heavy, in low-to-moderate reps, and let the physique follow the performance.
- 2. Load the posterior chain hard.** Glutes, hamstrings, and upper back get the largest share of the volume — the tissue that most changes how you look, move, and hold posture, and that most general programs under-train.
- 3. Match effort to your month.** The program runs a heavy block and a moderate block on a repeating two-week rhythm, which you can align with your own cycle rather than the calendar.

AN HONEST NOTE ON CYCLE-BASED TRAINING

Research on training around the menstrual cycle is still developing, and the evidence for strict phase-based programming is mixed — individual responses vary a lot. What is well established is that many women feel meaningfully different week to week. So this program doesn't force you into a rigid scientific model. It gives you a heavy week and a moderate week, and lets *you* decide which lands where based on how you actually feel. If your cycle is irregular, absent, or you're on hormonal contraception, simply run the weeks as written.

LOWER A.

~55 min

SESSION LENGTH

#	EXERCISE	SETS	REPS	REST	COACHING CUE
1	Back Squat	4	5–6	150s	Brace before you unrack. Depth consistent every rep — don't chase lower on light sets and cut it on heavy ones.
2	Barbell Hip Thrust	4	8	120s	Ribs down, chin tucked. Full lockout, two-second squeeze at the top.
3a	Walking Lunge Superset A	3	10 each leg	—	Long stride, torso upright, control the knee on the way down.
3b	Seated Hamstring Curl Superset A	3	12	90s	Slow on the way back — three seconds to return.
4	Standing Calf Raise	3	15	60s	Full stretch at the bottom, pause at the top.
5	Hanging Knee Raise	3	10–12	60s	No swinging. Curl the pelvis, don't just lift the legs.

COACH'S NOTE

The squat and hip thrust are the two lifts that matter most on this day. If you're short on time or energy, do those two properly and cut the rest — never the reverse.

LALICIC METHOD

— PREVIEW ENDS HERE

THE FULL PROGRAM.

You've seen 3 of 10 pages. The complete Ladies Program includes every session laid out week by week — exercises, sets, reps, rest, and coaching cues — plus the progression rules, troubleshooting, and the full training calendar.

FULL PROGRAM

\$29.99

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WHAT YOU GET

The complete 10-page PDF, a training log to track your numbers, and direct coaching support on WhatsApp for the length of the block. Not sure which program fits? Message me and I'll tell you honestly.

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