



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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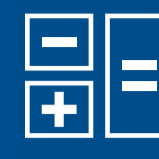
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## 4 WEEK BEGINNER WORKOUT ROUTINE FOR WOMEN

Add muscle, burn fat, and boost your overall health with this 4-week full-body beginner's workout routine designed specifically for women.

Link to Workout: <https://www.muscleanstrength.com/workouts/4-week-beginner-workout-for-women>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 4 Weeks  
**Days Per Week:** 3 Days

**Time Per Workout:** 45-60 Mins  
**Equipment:** Bands, Barbell, Cables, Dumbbells, Machines  
**Author:** Mike Wines

### Monday

Exercise	Week 1	Week 2	Week 3	Week 4
<b>Superset</b>				
<a href="#">Goblet Squat</a>	3 x 8	3 x 8	4 x 8	4 x 8
Half Turkish Get Up	3 x 3 / Side	3 x 3 / Side	4 x 3 / Side	4 x 3 / Side
<b>Superset</b>				
Eccentric <a href="#">Push Up</a>	3 x 5 - 6	3 x 5 - 6	3 x 5 - 6	3 x 5 - 6
<a href="#">DB Row</a>	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10
<b>Triset</b>				
<a href="#">Barbell Glute Bridge</a>	2 x 10 - 12	2 x 10 - 12	2 x 10 - 12	2 x 10 - 12
<a href="#">Dumbbell Reverse Lunge</a>	2 x 8 / Leg	2 x 8 / Leg	2 x 8 / Leg	2 x 8 / Leg
Half-Kneeling Cable Chop	2 x 5 / Side	2 x 5 / Side	2 x 5 / Side	2 x 5 / Side

### Wednesday

Exercise	Week 1	Week 2	Week 3	Week 4
<b>Superset</b>				
<a href="#">Dumbbell Bench Press</a>	3 x 6 - 8	3 x 6 - 8	3 x 6 - 8	3 x 6 - 8
<a href="#">Band Pull Apart</a>	3 x 10	3 x 10	3 x 10	3 x 10
<b>Superset</b>				
<a href="#">Band Assisted Chin Up</a> (Machine Assisted is OK)	3 x 4 - 6	3 x 4 - 6	3 x 4 - 6	3 x 4 - 6
Cable Pullthrough	3 x 12	3 x 12	3 x 12	3 x 12
<b>Triset</b>				
Half Kneeling Vertical Pallof Press	2 x 8	2 x 8	3 x 8	3 x 8
Dumbbell Goblet <a href="#">Lateral Lunge</a>	2 x 8 / Side	2 x 8 / Side	3 x 8 / Side	3 x 8 / Side
<a href="#">Half Kneeling Facepull</a>	2 x 12	2 x 12	3 x 12	3 x 12

### Friday

Exercise	Week 1	Week 2	Week 3	Week 4
<b>Superset</b>				
<a href="#">Sumo Deadlift</a>	4 x 4	4 x 5	5 x 4	5 x 5
Bench T - Spine Mobilization	4 x 4	4 x 5	5 x 4	5 x 5
<b>Superset</b>				
Counterbalanced Single Leg Squat to Bench	3 x 6 / Leg	3 x 6 / Leg	3 x 7 / Leg	3 x 7 / Leg
<a href="#">Inverted Row</a>	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10
<b>Triset</b>				
<a href="#">Incline Push Up</a>	2 x 6 - 8	2 x 6 - 8	2 x 6 - 8	2 x 6 - 8
<a href="#">Seated Leg Curl</a>	2 x 10 - 12	2 x 10 - 12	2 x 10 - 12	2 x 10 - 12
<a href="#">Side Plank</a> w/ Reach	2 x 4 - 6 / Side	2 x 4 - 6 / Side	2 x 4 - 6 / Side	2 x 4 - 6 / Side