



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



Diet Plans



Expert Guides



Videos



Tools

12 WEEK WOMEN'S WORKOUT PROGRAM

This 12 week women's specific training program is perfect for any healthy woman who is looking to transform her body through a good weight lifting program.

Link to Workout: <https://www.muscleandstrength.com/workouts/muscle-and-strength-womens-workout>

Main Goal: Lose Fat
Training Level: Beginner
Program Duration: 12 Weeks
Days Per Week: 5 Days

Time Per Workout: 45-60 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar
Author: Team Muscle & Strength

Day 1 - Legs & Glutes

Exercise	Sets	Reps
Legs		
1. Squat	3 - 4	6 - 12
2. Dumbbell Lunge	2 - 3	12 - 15
3. Dumbbell Step Up	2 - 3	12 - 15
Glutes		
4. Barbell Hip Thrust	3	6 - 12
5. Glute Cable Kickback	2 - 3	12 - 15
Cardio		
15 Min of HIIT on Stationary Bike		

Day 2 - Back & Arms

Exercise	Sets	Reps
Back		
1. Pull Downs	3 - 4	6 - 12
2. One Arm Dumbbell Row	2 - 3	12 - 15
3. Seated Cable Row	2 - 3	12 - 15
Arms		
4a. Dumbbell Curl	3	12
4b. Tricep Overhead Extension	3	12
5a. Cable Curl	3	15
5b. Cable Pressdown	3	15
Cardio		
30 Min of Moderate Intensity on Stairmill		

Day 3 - Legs & Glutes

Exercise	Sets	Reps
Legs		
1. Goblet Squat	3 - 4	6 - 12
2. Romanian Deadlift	2 - 3	12 - 15
3. Dumbbell Stiff Leg Deadlift	2 - 3	12 - 15
Glutes		
4. Smith Machine Sumo Squats (Glute Focus)	3	6 - 12
5. Glute Kick Back	3	15
Cardio		
30 Min Low Intensity on Treadmill at a 10 -15% Incline		

Day 4 - Chest & Shoulders

Exercise	Sets	Reps
Chest		
1. Dumbbell Bench Press	3 - 4	6 - 12
2. Incline Dumbbell Press	2 - 3	12 - 15
3. Machine Chest Fly	2 - 3	12 - 15
Shoulders		
4. Seated Dumbbell Press	3 - 4	6 - 12
5. Lateral Raise	2 - 3	12 - 15
Cardio		
15 Min of HIIT on Rower or Stationary Bike		

Day 5 - Legs & Arms

Exercise	Sets	Reps
Legs		
1. Deadlifts	3 - 4	6 - 12
2. Good Mornings	2 - 3	12 - 15
3. Leg Extensions	2 - 3	12 - 15
Arms		
4. Incline Dumbbell Curl	3	12
5. Incline Skullcrusher	3	12
Cardio		
30 Min of Moderate Intensity on Stairmill		

Weekend - Light Activity (Recovery Walks)

Exercise	Sets	Reps
Optional Abs		
1. Plank	3	20 sec holds
2. Lying Floor Leg Raise	3	10
3. Crunches	3	20
4. Side Crunches	2	15 per side