



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



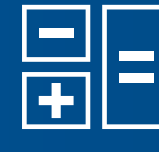
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WOMEN'S WORKOUT ROUTINE: 8 WEEK SAMPLE WORKOUT FOR WOMEN

Build strength and grow your glutes with this 8 week women's workout routine designed with special attention to detail to help you accomplish both goals!

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-womens-workout-routine>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 4 Day

Time Per Workout: 60-75 Mins

Equipment: Barbell, Bodyweight,

Cables, Dumbbells, EZ Bar,

Machines

Target Gender: Female

Author: [Josh England](#)

Monday: Workout 1

Exercise	Sets	Reps
Barbell Back Squat	3	4 - 6
Romanian Deadlift	3	6 - 8
Bulgarian Split Squat	2	12 - 15
Cable Face Pull	3	15
Cable Lateral Raise	3	10 - 12

Tuesday: Workout 2

Exercise	Sets	Reps
Barbell Bench Press	3	6 - 8
Neutral Grip Pull Up	3	Mechanical Failure*
Overhead Press	2	6 - 8
Seated Cable Row	2	8 - 12
Bodyweight Glute Bridge	3	50
KB Swing	3	30

*Perform band or machine assisted if needed

Thursday: Workout 3

Exercise	Sets	Reps
Leg Press	3	8 - 12
Barbell Hip Thrust	3	8 - 12
One Leg Deadlift	2	10 - 15
EZ Bar Curl	3	10 - 15
Rope Tricep Extension	3	10 - 15

Friday: Workout 4

Exercise	Sets	Reps
Military Press	3	6 - 8
Hammer Machine Row	3	8 - 12
Incline Bench Press	2	8 - 12
Lat Pull Down	2	8 - 12
Cable Pull Through	2	15
Lying Leg Curl	2	15