

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