

WOMEN'S MUSCLE-BUILDING WORKOUT

with Dumbbells

*Increase weight in Week 3

WEEK 1	WEEK 2	WEEK 3*	WEEK 4
3 Sets of each exercise	3 Sets of each exercise	4 Sets of each exercise	4 Sets of each exercise
Day 1 10 Push-ups 10 Shoulder press 10 Dumbbell rows 30-second planks	Day 1 10 Chest Press 10 Shoulder press 10 Dumbbell rows 30-second planks	Day 1 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks	Day 1 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks
Day 2 10 Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	Day 2 10 Goblet squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	Day 2 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts	Day 2 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts
Day 3 Cardio 30-second side planks	Day 3 Cardio 30-second planks 30-second flutter kicks	Day 3 Cardio 30-second planks 30-second reverse crunches	Day 3 Cardio 30-second planks 30-second reverse crunches
Day 4 REST	Day 4 REST	Day 4 REST	Day 4 REST
Day 5 10 Push-ups 10 Shoulder press 10 Dumbbell rows 10 Chest press	Day 5 10 Push-ups 10 Shoulder press 10 Dumbbell rows 10 Chest press	Day 5 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks	Day 5 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks
Day 6 10 Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	Day 6 10 Goblet Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	Day 6 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts	Day 6 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts
Day 7 Cardio 30-second planks	Day 7 Cardio 30-second planks	Day 7 Cardio 45-second planks	Day 7 Cardio 45-second planks

Womens Program Builder

R Bogdan



Womens Program Builder:

Women's Program Builder No. 2 ,1985-07-30 A treasury of material for women s meetings activities andservices Readings poetry devotionals monologues skits andprogram outlines are included providing for inspiration outreach and fun A sequel to the book Take It from Here NonroyaltyPermission to make photocopies of program builders is granted when three copies of the same book have been purchased *Womens Program Builder #3* Lillenas Publishing,1991-05-01 Womens Program Builder #3 ,1990-10-01 *Nursing Orientation Program Builder* Adrienne E. Avillion,Debbie Buchwach,2010 This binder and CD ROM walk you through each step of a well run orientation program so you can incorporate field tested evidence based practices at your facility Use this resource to evaluate your program outcomes fulfill Joint Commission orientation requirements train new graduates and meet the needs of a diverse workforce **Women and Missions** ,1928 *14 Women's Programs* Wilma L. Shaffer,1984 *Report on Progress on the Status of Women* United States. Interdepartmental Committee on the Status of Women,1966 *Report on Progress on the Status of Women* United States. Interdepartmental Committee and Citizens' Advisory Council on the Status of Women,1966 Practical Programs for Women's Clubs Alice Hazen Cass,1915 **Report on Progress in ... on the Status of Women** United States. Interdepartmental Committee on the Status of Women,1965 **Women's Program Builder No. Three** ,1991 Report on Progress in 1966 on the Status of Women United States. Interdepartmental Committee on the Status of Women,1967 **Utah Payroll Builder** ,1922 **Custom Builder** ,1999 **American Builder** ,1921 *American Builder* ,1951 Woman's Home Missions of the Methodist Episcopal Church ,1924 **The Road-maker** ,1918 The Builder ,1910 **Woman's Club Work and Programs** Caroline French Benton,1913

Unveiling the Magic of Words: A Review of "**Womens Program Builder**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Womens Program Builder**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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