

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

Chao Zhang



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