



Women's Gym Workout Sample

Cardio Monday through Saturday for 30 min post workout or fasted. Keep heart rate at 135-150

Monday : Back and triceps

Back

Lat pull downs - 3 sets x 15 reps

Superset

Bent over barbell rows - 3 sets x 12 reps

Arm dumbbell rows - 3 sets x 12 reps

Superset

Pull-ups - 2 sets to failure (I don't care if it's 2 reps)

Cable rows - 3 sets of failure with heavier weight. At least 20 reps on these failure sets

Triceps

Close grip bench press - 3 sets x 12 reps

Skullcrushers - 3 sets x 12 reps

Cable push downs - 3 sets x 12 reps

Triceps kick backs - 3 sets x 12 reps

Tuesday : Chest and biceps

Chest

Dumbbell presses - 3 sets x 12 reps

Superset

Dumbbell flyes - 3 sets x 12 reps

Cable flyes - 3 sets x 12 reps

Dumbbell pullovers - 4 sets x 10 reps

Biceps

Ez bar curls - 3 sets x 12 reps

Superset

Hammer curls - 3 sets of 12

Alternating dumbbell curls - 3 sets x 12 reps

Concentration curls - 3 sets x 12 reps

Cable - 1 sets x 50 reps

Wednesday : Legs

Quads

Barbell squats - 3 sets x 12 reps (get deep)

leg press - 3 sets x 15 reps

Jump lunges - 3 sets x 12 reps each leg

Hamstrings

Stiff legged dumbbell deadlifts - 3 sets x 15 reps

Dumbbell reverse lunges - 3 sets x 8 reps each leg

Lying hamstring curls - 3 sets x 12 reps

Calves

Standing calf raises - 3 sets x 12 reps

Seated calf raises - 3 sets x 12 reps

Body weight calf raises - 1 sets of 100

Thursday: Shoulders

Seated military barbell press - 3 sets x 12 reps

Seated Arnold press - 3 sets x 12 reps

Superset

Lateral dumbbell raises - 3 sets x 1 min

Front plate raises - 3 sets x 12 reps

Diesel press - 3 sets of 1 min

Friday: Glutes and abs

Glutes

reverse lunge with db x 4 sets of 8 each leg

- glute thrusters x 3 sets of 15

- deadlifts x 3 sets of 12

- Lunges with db 3 sets 12 each leg

- Weighted Step ups x 3 sets of 15 each leg

- Bulgarian split squat 3 sets of 12 each leg

Abs

Decline bench crunches - 3 sets x 30 reps

Weighted rope crunches - 3 sets x 20 reps

Leg lifts (weighted if possible) - 3 sets x 20 reps

Planks - 3 sets x 1 min



Women's Home Workout Sample

Cardio 6 days this week. Monday through Saturday!
30 min walk or jog 60-80 seconds rest in between each set. Once the set is complete rest 80 seconds and move on to the next exercise. Complete each set before moving on to next exercise .

Monday : Legs and Abs

Warm up: light stretching

1. Db or kettle bell Squat: 15 reps, 3 sets
2. Db Hamstring Curl: 12 reps, 3 sets
3. Goblet Squats: 15 reps, 2 sets
4. Jump squats : 12 reps, 3 sets
5. Weighted Calf Raises: 20 reps each leg, 2 sets
6. Kettlebell Deadlifts: 15 reps, 3 sets

Abs

1. Sit Ups: 15 reps, 2 sets
2. Lying Leg Lifts: 10 reps, 2 sets
3. Bicycle Crunches: 30 reps, 2 sets
4. V-Ups: 5 reps, 3 sets

Tuesday: Chest

Warm up: 5 minutes on the rowing machine

1. Flat Bench Barbell Press or dumbbells (floor press) : 8 reps, 4 sets
2. Db Chest Fly: 6 reps each arm, 2 sets
3. Dumbbell Chest Press: 10 reps, 3 sets
4. Push-Ups: 20 reps, 3 sets
5. Champagne press : 20 reps, 3 sets
6. Power press (quick) : 12 reps, 3 sets
7. Low dumbbell fly : 5 reps, 3 sets
8. Pushups : 1 set ,50 reps

Wednesday: Back/Abs

Warm up: 5 minutes of stair machine

1. Pushups 25 reps, 3 sets

2. Bent Over Rows with DB or kettlebell: 12 reps, 3 sets
3. Db reverse fly : 12 reps, 3 sets
4. Seated press Db(notice core being engaged): 12 reps, 3 sets
5. Single Arm Dumbbell Row: 15 reps each side, 2 reps

Abs

1. Side Plank: 30 seconds each side 1 set
2. Reverse Crunches: 20 reps, 2 sets
3. Flutter Kicks: 45 seconds 1 set
4. Sprinter Crunches: 12 reps each side 2 sets

Thursday: Shoulder/Abs

Warm up: 5 minutes rowing machine

1. Upright Db or kettlebell Row: 15 reps, 3 sets
2. Dumbbell Shoulder Press: 12 reps
3. Dumbbell Lateral Raise: 8 reps each side, 2 sets
4. Dumbbell Shrugs: 15 reps, 3 sets
5. Dumbbell Arnold Press: 10 reps, 3 sets

Abs

1. Crunches: 30 reps, 2 sets
2. Lying Leg Raises: 10 reps, 2 sets
3. Weighted Russian Twists: 40 reps, 2 sets
4. Heel Touches: 30 reps, 2 sets

Friday: Arms

1. Standing Hammer Curls: 12 reps, 4 sets
2. Tricep Extensions: 20 reps, 2 sets
3. Skull Crushers: 12 reps, 3 sets
4. Tricep Dips: 12 reps, 2 sets
5. Close Grip champagne Press: 15 reps, 3 sets
6. Alt ernating Dumbbell Curl: 15 rep each arm, 3 sets

Saturday: Cardio only