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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	8-12
2. Dumbbell Lunges	2-3	10-15
3. Dumbbell Step-Up	2-3	10-15
Glutes		
4. Seated Hip Thrust	3	8-12
5. Glute Cable Kickback	2-3	10-15
Cardio		
15 Min of HIIT on Treadmill at a 10-15% Incline		

Day 2 - Back & Arms

Exercise	Sets	Reps
Back		
1. Flat Backs	3-4	8-12
2. One Arm Dumbbell Row	2-3	10-15
3. Seated Cable Row	2-3	10-15
Arms		
4a. Dumbbell Curl	3	10
4b. Triceps Dumbbell Extension	3	10
5a. Cable Curl	3	10
5b. Cable Tricep Pushdown	3	10
Cardio		
20 Min of Moderate Intensity on Treadmill		

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12 WEEK WOMEN'S WORKOUT PROGRAM

How to use: Always perform training program in order. For best results, perform all exercises in the order listed. If you are unable to perform an exercise, skip it or substitute with a similar movement.

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Day 3 - Legs & Glutes

Exercise	Sets	Reps
Legs		
1. Goblet Squat	3-4	8-12
2. Romanian Deadlift	2-3	10-15
3. Dumbbell Split Squat	2-3	10-15
Glutes		
4. Glute Machine Glute Bridge (Glute Pushout)	3	8-12
5. Glute Kick Back	3	10
Cardio		
20 Min of Low Intensity on Treadmill at a 10-15% Incline		

Day 4 - Chest & Shoulders

Exercise	Sets	Reps
Chest		
1. Dumbbell Bench Press	3-4	8-12
2. Incline Dumbbell Press	2-3	10-15
3. Machine Chest Fly	2-3	10-15
Shoulders		
4. Seated Dumbbell Press	3-4	8-12
5. Lateral Press	2-3	10-15
Cardio		
10 Min of HIIT on Power or Stationary Bike		

Day 5 - Legs & Arms

Exercise	Sets	Reps
Legs		
1. Squat	3-4	8-12
2. Glute Bridge	2-3	10-15
3. Leg Extension	2-3	10-15
Arms		
4. Incline Dumbbell Curl	3	10
5. Incline Dumbbell Tricep	3	10
Cardio		
20 Min of Moderate Intensity on Treadmill		

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Chest & Shoulders

Exercise	Sets	Reps
Chest		
1. Dumbbell Bench Press	3-4	8-12
2. Incline Dumbbell Press	2-3	10-15
3. Machine Chest Fly	2-3	10-15
Shoulders		
4. Seated Dumbbell Press	3-4	8-12
5. Lateral Press	2-3	10-15
Cardio		
15 Min of HIIT on Power or Stationary Bike		

Day 5 - Legs & Arms

Exercise	Sets	Reps
Legs		
1. Squat	3-4	8-12
2. Glute Bridge	2-3	10-15
3. Leg Extension	2-3	10-15
Arms		
4. Incline Dumbbell Curl	3	10
5. Incline Dumbbell Tricep	3	10
Cardio		
20 Min of Moderate Intensity on Treadmill		

Weekend - Light Activity (Recovery Walks)

Exercise	Sets	Reps
Optional Mile		
1. Walk	3	20-30 Mins
2. Light Jog or Run	3	10
3. Squat	3	10
4. Side Crunches	3	10-15 Mins

12 Week Workout Program For Women

Kathy Kent



12 Week Workout Program For Women:

Delavier's Women's Strength Training Anatomy Workouts Frederic Delavier, Michael Gundill, 2014-10-16 Delavier's *Women's Strength Training Anatomy Workouts* delivers the exercises programming and advice you need for the results you want. Based on the anatomical features unique to women, this new guide sets the standard for women's strength training. The 290 full color illustrations allow you to see inside 157 exercises and variations and 49 programs for strengthening, sculpting and developing your arms, chest, back, shoulders, abs, legs and glutes. Step by step instructions work in tandem with the anatomical illustrations and photos to ensure you understand how to maximize the efficiency of each exercise. You'll see how muscles interact with surrounding joints and skeletal structures and learn how movement variations can isolate specific muscles and achieve targeted results. Delavier's *Women's Strength Training Anatomy* includes proven programming for reducing fat, adding lean muscle and sculpting every body region. Whether you're beginning a program or enhancing an existing routine, working out at home or at the gym, it's all here and all in the stunning detail that only Frederic Delavier can provide. The former editor in chief of *PowerMag* in France, author and illustrator Frederic Delavier has written for *Le Monde du Muscle*, *Men's Health*, *Germany* and several other publications. His previous publications including *Strength Training Anatomy* and *Women's Strength Training Anatomy* have sold more than 2.5 million copies. [Women's Muscle & Strength](#) Betina Gozo Shimonek, 2024-01-12 Make strength training an easy addition to your life. *Women's Muscle Strength* is a must have workout companion to help you reach your fitness goals and reap the benefits of strength training through every phase of life. From one woman to another, Betina will empower you to build confidence in the weight room and in daily life too. Strength training can be intimidating. From what equipment to use to how much to lift, you are often left wondering where to start. And the constant barrage of the latest fitness trends and hacks can leave you deceived and confused. But starting a fitness journey doesn't have to be daunting. *Women's Muscle Strength: Get Lean, Strong and Confident* will help you cut through the noise and show the way to a stronger you. You will also have access to 12 week programs with a total of 18 workouts that you can immediately put into action. The programs each have a different focus: Gain strength, Build sculpted muscle, Get lean, Improve muscle endurance. Betina Gozo Shimonek has over a decade of experience training thousands of women from all walks of life. She has been a Nike Global Trainer since 2013 and was a featured trainer on the Apple Fitness team. Her science based approach to strength training offers you realistic guidance on how to assess, plan and execute effective strength focused workouts. *Women's Muscle Strength* is packed with 80 exercises that cover every area of the body. Exercises are broken down by movement type to help you better understand how and why to put them together, as well as what types of movements are associated with major muscles of the body. Full color photos provide clear instruction for each exercise. And because each body is different, you'll find modifications, progressions, variations, safety reminders and tips to help choose what works best for you. Earn continuing education credits: units. A continuing education exam that uses this book.

is also available It may be purchased separately or as part of a package that includes both the book and exam **101**

Workouts for Women Muscle & Fitness Hers,2008-03-20 Muscle Fitness Hers magazine has provided a program of rapid fire core workouts for those seeking to get moving on a weight training fitness program or for those who wish to expand freshen up and enhance their workout regimen There are 101 photo illustrated workouts that allow enthusiasts the opportunity to glance at the photo during a workout to check their faithful following of the routine Whether a novice or an experienced weight trainer the chapters offer different programs for levels of progress as well as a guide to designing personalized workout systems Moreover fitness and well being are considered with a presentation on cardio primer and a feature on basic fitness nutrition as well 101 Workouts For Women provides a complete one stop get fit package for fitness enthusiasts *Body-for-Life for Women* Pamela Peeke,2009-04-14 Drawing from cutting edge research in gender based medicine women s health expert and best selling author Dr Pamela Peeke tailors the original Body for Life program to the unique obstacles women face With stunning before and after photos and testimonials providing motivation and inspiration Body for Life for Women features a 12 week Mind Mouth Muscle eating exercise and emotional health program for women to help them achieve optimal health during their hormonal milestones The Woman Triathlete Christina Gandolfo,2005 An Australian training manual for triathletes Biomechanics of swimming cycling and running Fuelling your body Physiological considerations in training Strength Training for Women Cupido A.I. Saage,2025-06-13 Discover the transformative power of strength training specifically designed for women with this comprehensive guide to weight training and resistance exercises This practical resource bridges the gap between scientific knowledge and practical application making strength training accessible to women of all fitness levels The book begins by addressing the physiological aspects unique to women including hormonal considerations and their impact on muscle development You ll learn why the common fear of bulking up is largely unfounded and how strength training actually helps women develop lean defined muscles while boosting metabolism Whether you re training at home or in a gym you ll find detailed guidance on selecting appropriate equipment from bodyweight exercises to resistance bands dumbbells and barbells The book presents a variety of training methods including bodyweight resistance free weights and circuit training approaches that can be adapted to your specific circumstances For beginners the step by step training plans provide a solid foundation in proper form and technique with careful attention to load management and recovery periods More experienced lifters will benefit from advanced programming strategies including periodization split routines and intensity techniques to overcome plateaus The extensive exercise catalog covers targeted muscle development for all body regions upper body workouts for chest back shoulders and arms lower body exercises focusing on glutes and thighs and effective core training beyond traditional sit ups Each exercise includes clear instructions and progression options Home based training receives special attention with equipment free workout protocols dumbbell programs for limited spaces and creative alternatives using household items when traditional

equipment isn't available Complementary sections address crucial factors for optimal results including protein requirements for women's muscle development energy balance considerations recovery strategies and techniques for maintaining motivation and consistency This practical guide empowers women to embrace weight training with confidence providing the knowledge and tools to build strength enhance physique and improve overall health through effective resistance training For this book we relied on innovative technologies including Artificial Intelligence and tailor-made software solutions These supported us in numerous process steps brainstorming and research writing and editing quality assurance as well as the creation of decorative illustrations We aim to provide you with a reading experience that is particularly harmonious and contemporary

Jim Stoppani's Encyclopedia of Muscle & Strength Jim Stoppani, 2023-02-20 Expertly designed training programs from renowned trainer Jim Stoppani As a leading authority on exercise science and former senior science editor for Muscle evaluates 95 types of strength training equipment including suspension trainers BOSU balance trainers and kettlebells and provides nutritional goals for specific training outcomes You'll be set for success with 7 programs for maximizing fat loss 41 programs for building muscle mass 27 programs for maximizing strength and handy Quick Tips featuring snippets of Stoppani's expert advice on exercise technique Beginner intermediate and advanced program options are available for each training objective and incorporate exercises that target 13 muscle groups Programs are rated according to workout duration the projected time frame for achieving measurable results level of difficulty and overall effectiveness With guidance from a renowned expert your training is sure to deliver results For those who are serious about their training as well as for personal trainers and strength and conditioning professionals Jim Stoppani's Encyclopedia of Muscle Strength Third Edition is the must-have reference for all training needs Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

Daniels' Running Formula-3rd Edition Jack Daniels, 2013-12-31 Get in the best shape of your running career Daniels provides a results-proven formula to guide you through training at the right intensity to run stronger longer and faster Each program incorporates training intensities to help you build endurance strength and speed

Living 365fitt Coaches Manual Kathy Kent, 2014-05-07 The Living 365fitt Coaches Program and Coaching Manual is for health and fitness professionals and enthusiasts who are passionate about lifestyle wellness Through a combination of the book The Living 365fitt 12 Week Program to Lifestyle Wellness and the Coaches Manual individuals are able to inspire others towards better lifestyle habits The program is an interactive coached program for individuals who want to increase their wellness through permanent lifestyle change The program focuses on living a healthier and more active life by changing one's physical nutritional and emotional habits The program uses a combination of tools book worksheets webinars interactive coaching consultations and an exclusive membership program to coach others to success The program is appropriate for Clubs Communities Schools Corporate wellness programming

Make a Fitness Plan The Experts at Gold's Gym, 2018-12-15 Provide your readers with an introduction to living a healthy life both physically and mentally Students will learn how to set health goals create fitness plans and read about different gym machines and how to use them both safely and effectively They will also learn about the importance of nutrition as they read about different food groups discover how to eat right on a budget and how to portion correctly This comprehensive starter guide gives students a broad introduction into the world of health and fitness and in doing so takes away some of the fear and power that may accompany some of these body changes

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