

# 5-Day Workout Routine for Women



## Monday: Chest and Arms

**Flat-bench barbell press**  
Four sets of 8 reps

**Push-ups**  
Four sets of 10 reps

**Cable-crossovers**  
Three sets of 15 reps

**Incline dumbbell-flyes**  
Four sets of 12 reps

**Barbell biceps-curls**  
Three sets of 15 reps

**Alternate arm-hammer curls**  
Four sets of 12 reps for each arm

**Triceps rope-overhead extensions**  
Three sets of 20 reps

**Triceps-dips**  
Three sets of 15 reps

Ten minutes on the elliptical-machine

## Tuesday: Shoulders and Back

**Standing barbell military-press**  
Four sets of 10 reps

**Dumbbell lateral-raises**  
Four sets of 15 reps

**EZ-bar upright-rows**  
Three sets of 15 reps

**Seated-dumbbell shoulder-press**  
Four sets of 10 reps

**Dumbbell-shrugs**  
Four sets of 10 reps

**Close-grip lat-pulldowns**  
Four sets of 12 reps

**Dumbbell bent-over-rows**  
Four sets of 12 reps for each arm

**T-Bar rows**  
Four sets of 10 reps

Ten minutes on the stationary bike

## Wednesday: Cardio Circuit

10 burpees

10 push ups

15 crunches

20 squat thrusts

Three sets of 10 hanging leg-raises

3 time one-minute rounds of plank

Twenty minutes low-intensity cardio on the treadmill

## Thursday: Strength Day

**Incline dumbbell-press**  
Five sets of 5 reps

**Flat bench-barbell-press**  
Five sets of 5 reps

**Deadlifts**  
Five sets of 5 reps

**Barbell clean and press**  
Five sets of 5 reps

**Barbell bent-over-rows**  
Five sets of 5 reps

**Barbell-snatch**  
Five sets of 5 reps

Ten minutes on the stationary bike

## Friday: Legs

**Barbell-squats**  
Four sets of 8 reps

**Leg-press machine**  
Three sets of 12 reps

**Leg-extensions**  
Three sets of 15 reps

**Hamstring-curls**  
Three sets of 15 reps

**Walking-lunges**  
Four sets of 10 reps per leg

**Seated or standing-calf-raises**  
Four sets of 20 reps for each leg

Ten minutes on the elliptical machine



# Bloggers Step By Step Guide To Home Workout Routine For Remote Workers

**M Tight**



## **Bloggers Step By Step Guide To Home Workout Routine For Remote Workers:**

Reviewing **Bloggers Step By Step Guide To Home Workout Routine For Remote Workers**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Bloggers Step By Step Guide To Home Workout Routine For Remote Workers**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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bungou stray dogs imdb 8 3 favorilere ekle nakajima atsushi yetimhaneden atıldıktan sonra ne gidecek yeri ne de yiyecek yemeği kalmıştır bir nehrin kenarında aç bi ilaç sürünürken intihar girişiminde bulunan bir adamı kurtarır adı dazai osamu olan bu adam ortağı kunikida ile çok özel bir dedektif kurumunun üyesidir

**the freebsd project** - Jun 19 2023

oct 13 2023 the freebsd project freebsd is an operating system used to power modern servers desktops and embedded platforms a large community has continually developed it for more than thirty years its advanced networking security and storage features have made freebsd the platform of choice for many of the busiest web sites and most pervasive

**karakterlerin listesi bungo stray dogs wiki fandom** - Jan 14 2023

info the blond man s partner he s guarding the communication device that controls the detonation of the bomb in the air defense shelter of a defense forces facility he has dark brown skin and a muscular body type he is very tough and even if dazai hits him on the stomach with full force it had no effect

**list of bsd operating systems wikipedia** - Dec 13 2022

there are a number of unix like operating systems under active development descended from the berkeley software distribution bsd series of unix variants developed originally by bill joy at the university of california berkeley department of

electrical engineering and

[berkeley software distribution wikipedia](#) - Jul 20 2023

bsd default user interface unix shell license bsd the berkeley software distribution or berkeley standard distribution 1 bsd is a discontinued operating system based on research unix developed and distributed by the computer systems research group csrg at the university of california berkeley

**bungo stray dogs wiki fandom** - Mar 16 2023

welcome to the bungo stray dogs wiki a wiki dedicated to the bungo stray dogs manga written by kafka asagiri and illustrated by sango harukawa the wiki currently has 70 149 edits over 1 486 articles with 8 998 images and has been expanding since august 05 2014 please be sure to review the policy page before contributing to the bungo stray