

# 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  |
| <b>Day 1</b><br>10 Push-ups<br>10 Shoulder press<br>10 Dumbbell rows<br>30-second planks | <b>Day 1</b><br>10 Chest Press<br>10 Shoulder press<br>10 Dumbbell rows<br>30-second planks | <b>Day 1</b><br>6 Chest Press<br>6 Shoulder press<br>6 Dumbbell rows<br>30-second planks | <b>Day 1</b><br>6 Chest Press<br>6 Shoulder press<br>6 Dumbbell rows<br>30-second planks |
| <b>Day 2</b><br>10 Squats<br>10 Side Lunges<br>10 Deadlifts<br>10 Hip Thrusts            | <b>Day 2</b><br>10 Goblet squats<br>10 Side Lunges<br>10 Deadlifts<br>10 Hip Thrusts        | <b>Day 2</b><br>7 Goblet squats<br>7 Side Lunges<br>7 Deadlifts<br>7 Hip Thrusts         | <b>Day 2</b><br>7 Goblet squats<br>7 Side Lunges<br>7 Deadlifts<br>7 Hip Thrusts         |
| <b>Day 3</b><br>Cardio<br>30-second side planks  | <b>Day 3</b><br>Cardio<br>30-second planks<br>30-second flutter kicks                       | <b>Day 3</b><br>Cardio<br>30-second planks<br>30-second reverse crunches                 | <b>Day 3</b><br>Cardio<br>30-second planks<br>30-second reverse crunches                 |
| <b>Day 4</b><br>REST   | <b>Day 4</b><br>REST  | <b>Day 4</b><br>REST   | <b>Day 4</b><br>REST   |
| <b>Day 5</b><br>10 Push-ups<br>10 Shoulder press<br>10 Dumbbell rows<br>10 Chest press   | <b>Day 5</b><br>10 Push-ups<br>10 Shoulder press<br>10 Dumbbell rows<br>10 Chest press      | <b>Day 5</b><br>6 Chest Press<br>6 Shoulder press<br>6 Dumbbell rows<br>30-second planks | <b>Day 5</b><br>6 Chest Press<br>6 Shoulder press<br>6 Dumbbell rows<br>30-second planks |
| <b>Day 6</b><br>10 Squats<br>10 Side Lunges<br>10 Deadlifts<br>10 Hip Thrusts            | <b>Day 6</b><br>10 Goblet Squats<br>10 Side Lunges<br>10 Deadlifts<br>10 Hip Thrusts        | <b>Day 6</b><br>7 Goblet squats<br>7 Side Lunges<br>7 Deadlifts<br>7 Hip Thrusts         | <b>Day 6</b><br>7 Goblet squats<br>7 Side Lunges<br>7 Deadlifts<br>7 Hip Thrusts         |
| <b>Day 7</b><br>Cardio<br>30-second planks   | <b>Day 7</b><br>Cardio<br>30-second planks  | <b>Day 7</b><br>Cardio<br>45-second planks   | <b>Day 7</b><br>Cardio<br>45-second planks   |

# Workout Routine For Creators And Bloggers Best Way To Home Workout

**DJ Losen**



## **Workout Routine For Creators And Bloggers Best Way To Home Workout:**

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