

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



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Wolfgang Guggemos



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web character the name nick knatterton is an allusion to nick carter and nat pinkerton his full name is nikolaus kuno freiherr von knatter he was born in kyritz also called kyritz an der knatter to casimir kuno von knatter and corinna pimpsberg knatterton always dresses in a sherlock holmes style green plaid overcoat and cap and smokes a pipe