

# 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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**Jianjun Gao**



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