

# 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



# Parents Affordable Way To Home Workout Routine With Free Tools

**Annelies Wilder-Smith**



**Parents Affordable Way To Home Workout Routine With Free Tools:**

The Enigmatic Realm of **Parents Affordable Way To Home Workout Routine With Free Tools**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Parents Affordable Way To Home Workout Routine With Free Tools** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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