

WEIGHTLIFTING HOME-WORKOUT ROUTINE FOR BEGINNER WOMEN

How to perform the workout:

1. Perform each exercise for 3 sets of 12 reps.
2. Take a 30-second break between sets.
3. Choose appropriate weights and increase gradually.

MONDAY: CHEST, SHOULDERS & CORE

CHEST

- Dumbbell floor chest press
- Standing dumbbell upward fly
- Flat Bench Flys
- Push-ups

SHOULDERS

- Shoulder Press standing
- Dumbbell rear delt fly
- Dumbbell Lateral raise
- Dumbbell Front Raises

CORE

- Plank - 30 seconds

WEDNESDAY: BACK, BICEPS, AND CORE

BACK

- Romanian deadlift
- Resistance band seated row
- Resistance band reverse fly
- Bent over rows with resistance bands



BICEPS

- Bicep Curl
- Resistance band Hammer Curl
- Cross-Body Hammer Curl
- Seated Resistance Band Biceps Curl

CORE

- Flutter kicks - 30 secs

FRIDAY: LEGS, TRICEPS, AND CORE

LEGS

- Banded Squats
- Single-Leg Deadlift
- Walking Lunges
- Bulgarian split squat

TRICEPS

- Overhead triceps extension
- Bent over tricep Extension
- Tricep dips
- Tricep pull-aparts

CORE

- Mountain climbers - 30 seconds

Beginners Guide To Weight Training

Xiang Xie



Beginners Guide To Weight Training:

Beginners Guide To Weight Training Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Beginners Guide To Weight Training**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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