

# 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



# Routine Organically With Low Budget Home Workout Routine Real Income

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## Whispering the Secrets of Language: An Emotional Journey through **Routine Organically With Low Budget Home Workout Routine Real Income**

In a digitally-driven world where screens reign supreme and instant transmission drowns out the subtleties of language, the profound strategies and emotional nuances hidden within phrases usually get unheard. However, nestled within the pages of **Routine Organically With Low Budget Home Workout Routine Real Income** a interesting literary value pulsating with fresh feelings, lies a fantastic quest waiting to be undertaken. Published by an experienced wordsmith, that wonderful opus attracts viewers on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the material of each word. Within the psychological depths with this emotional evaluation, we can embark upon a sincere exploration of the book is primary subjects, dissect their captivating writing design, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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