

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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Huangqi Zhang



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