



10-WEEK LEAN & STRONG PROGRAM FOR WOMEN 40+

Workout Summary

Main Goal: Build Muscle
Training Level: Beginner
Days Per Week: 4 Day
Program Duration: 10 Weeks
[Click here for the full workout!](#)

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines, Other
Target Gender: Female
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Upper Body Workout A

Exercise	Sets	Reps	Rest
Seated Barbell Press	3	12, 10, 8	2 - 3 Min
Lat Pull Down	3	12, 10, 8	2 - 3 Min
One-Arm Row (Each Side)	3	12, 10, 8	2 - 3 Min
Face Pulls	3	12, 10, 8	60 - 90 Sec
Push Ups (Any Variation)	2	AMRAP	90 - 120 Sec

Lower Body Workout A

Exercise	Sets	Reps	Rest
Goblet Squat	3	12, 10, 8	2 - 3 Min
Barbell Hip Thrust	3	12, 10, 8	2 - 3 Min
Leg Press	3	12, 10, 8	2 - 3 Min
Single Leg Curl (Each Side)	3	12, 10, 8	60 - 90 Sec
Calf Raise (Any Variation)	2	AMRAP	60 - 90 Sec

Upper Body Workout B

Exercise	Sets	Reps	Rest
Dumbbell Bench Press	3	12, 10, 8	2 - 3 Min
Seated Cable Row	3	12, 10, 8	2 - 3 Min
Lateral Raise	3	12, 10, 8	60 - 90 Sec
Rope Tricep Extension	3	12, 10, 8	60 - 90 Sec
Preacher Curl	3	12, 10, 8	60 - 90 Sec

Lower Body Workout B

Exercise	Sets	Reps	Rest
Romanian Deadlift	3	12, 10, 8	2 - 3 Min
Lateral Lunge (Each Side)	3	12, 10, 8	90 - 120 Sec
Glute Bridge	3	12, 10, 8	2 - 3 Min
Pallof Press (Each Side)	3	12, 10, 8	45 - 75 Sec
Box Squat or Step Up (controlled tempo)	2	AMRAP	90 - 120 Sec