



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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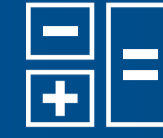
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## 10 WEEK UPPER/LOWER WORKOUT PROGRAM FOR WOMEN

Build muscle with this upper/lower workout for women. It combines lower rep ranges with higher rep ranges on both upper & lower days to maximize your results!

Link to Workout: <https://www.muscleandstrength.com/workouts/10-week-upper-lower-workout-for-women>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 10 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 60-90 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells

**Author:** Team M&S

### Monday: Upper (Strength Focused)

Exercise	Sets	Reps
1. <a href="#">Dumbbell Bench Press</a>	4	6
2. <a href="#">Dumbbell Row</a>	4	6
3. <a href="#">Standing Overhead Press</a>	4	6
4. <a href="#">Chin Up</a>	4	6
5. <a href="#">Plank</a>	4	20 Secs
6. <a href="#">Hyperextensions (glute focused)</a>	3	12 - 15

### Tuesday: Lower (Strength Focused)

Exercise	Sets	Reps
1. <a href="#">Barbell Squat</a>	4	6
2. <a href="#">Deadlift</a>	4	6
3. <a href="#">Reverse Lunges</a>	4	6
4. <a href="#">Leg Press</a>	4	6
5. <a href="#">Barbell Hip Thrust</a>	4	6

### Thursday: Upper (Hypertrophy Focused)

Exercise	Sets	Reps
1. <a href="#">Incline Dumbbell Bench Press</a>	3	12
2. <a href="#">Seated Cable Row</a>	3	12
3. <a href="#">Seated Dumbbell Press</a>	3	12
4. <a href="#">Lat Pull Down</a>	3	12
5. <a href="#">Dumbbell Bicep Curl</a>	2	12
6. <a href="#">Tricep Extensions</a>	2	12
7. <a href="#">Single Leg Bodyweight Glute Bridge</a>	3	12 - 15 Each

### Friday: Lower (Hypertrophy Focused)

Exercise	Sets	Reps
1. <a href="#">Goblet Squat</a>	3	12
2. <a href="#">Romanian Deadlift</a>	3	12
3. <a href="#">Bulgarian Split Squat</a>	3	12 Each
4. <a href="#">Hack Squat</a>	3	12
5. <a href="#">Barbell Glute Bridge</a>	3	12