



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



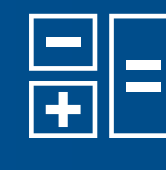
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Videos



Tools

12 WEEK PUSH, PULL, LEGS WORKOUT FOR WOMEN

This 12 week push, pull, legs workout was designed specifically for women looking to build lean muscle and lose unwanted fat. Read on to learn more!

Link to Workout: <https://www.muscleandstrength.com/workouts/12-week-push-pull-legs-for-women>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 6 Days

Time Per Workout: 45 - 75 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Female

Author: [M&S Team](#)

Monday: Push Workout for Women

Exercise	Sets	Reps
Dumbbell Shoulder Press	3	8
Shoulder Machine Press	3	8
Dumbbell Bench Press	3	8
Incline Bench Press Machine	3	8
Eccentric Only Dips	3	8

Tuesday: Pull Workout for Women

Exercise	Sets	Reps
Bent Over Dumbbell Row	3	8
Seated Cable Row	3	8
Lat Pull Down	3	8
Underhand Lat Pull Down	3	8
Dumbbell Curl	3	8
Ab Crunch	3	20
Ab Bicycle	3	20 Each

Wednesday: Legs Workout for Women

Exercise	Sets	Reps
Squat	3	8
Romanian Deadlift	3	8
Hip Thrust	3	8
One Leg Leg Press	3	8
Leg Press Calf Raise	3	12
Seated Calf Raise	3	12

Friday: Push Workout for Women

Exercise	Sets	Reps
Lateral Raise	3	12 - 15
Weight Plate Front Raise	3	12 - 15
Incline Dumbbell Press	3	12 - 15
Pec Deck	3	12 - 15
Rope Press Down	3	12 - 15
Skullcrusher	3	12 - 15
Hanging Leg Raise	3	12
Plank	3	1 Min

Saturday: Pull Workout for Women

Exercise	Sets	Reps
Machine Row	3	12 - 15
One Arm Dumbbell Row	3	12 - 15 Each
Cable Face Pull	3	15 - 20
V-Bar Pull Down	3	12 - 15
Shotgun Row	3	12 - 15
Cable Curl	3	12 - 15
Preacher Curl	3	12 - 15

Sunday: Legs Workout for Women

Exercise	Sets	Reps
Leg Press	3	12 - 15
Goblet Squat	3	12 - 15
Dumbbell Stiff Legged Deadlift	3	12 - 15
Leg Curl	3	12 - 15
Hyperextension	3	12 - 15
Bodyweight Glute Bridge	3	15
Standing Calf Raise	3	15 - 20