



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



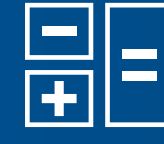
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3 DAY (AT HOME) WOMEN'S WORKOUT ROUTINE

Get in great workouts from the comfort of your own home with this 3 day full body at home workout program for women. Check it out and get started!

Link to Workout: <https://www.muscleanstrength.com/workouts/3-day-at-home-womens-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 4 Weeks

Days Per Week: 3 Day

Time Per Workout: 30-45 Mins

Equipment: Bands, Bodyweight, Dumbbells

Target Gender: Female

Author: [M&S Team](#)

At Home Women's Workout 1

Exercise	Sets	Reps
Bodyweight Squat	3	10
Rear Bodyweight Lunge	3	10
Single Leg Dumbbell Deadlift	3	6 Each
Push Up	3	6 - 10
Resistance Band Lat Pull Down	3	10
Dumbbell Row	3	10
Plank	3	30 Secs

At Home Women's Workout 2

Exercise	Sets	Reps
Resistance Band Deadlift	3	10
Dumbbell Goblet Squat	3	10
Glute Bridge	3	12
Donkey Kicks	3	12 Each
Resistance Band Row	3	10
Dumbbell Shoulder Press	3	8 - 10
Ab Crunch	3	15

At Home Women's Workout 3

Exercise	Sets	Reps
Push Up	3	6 - 10
Dumbbell Lateral Raise	3	10
Resistance Band Pull Down	3	10
Dumbbell Row	3	10
Bodyweight Squat	3	10
Glute Bridge	3	15
Side Planks	3	30 Secs Each