



3 DAY SMITH MACHINE ONLY WORKOUT FOR WOMEN

Workout Summary

Main Goal: Build Muscle
Training Level: Beginner
Days Per Week: 3 Days
Program Duration: 8 Weeks
[Click here for the full workout!](#)

Equipment: Machines
Target Gender: Female
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Full Body Smith Machine Workout: Day 1

Exercise	Sets	Reps
Wide Smith Machine Squat	3	10
Smith Machine Lunge	3	12
Smith Machine Incline Bench Press	3	12
Smith Machine Bent-Over Row	3	12
Smith Machine Upright Row	3	12
Smith Machine Bicep Curl	3	15

Full Body Smith Machine Workout: Day 2

Exercise	Sets	Reps
Good Mornings Off Pins	3	10
Smith Machine Front Squat	3	12
Smith Machine Deadlift	3	12
Inverted Row	3	12
Smith Machine Bench Press	3	12
Smith Machine Calf Raise	3	12

Full Body Smith Machine Workout: Day 3

Exercise	Sets	Reps
Smith Machine Hip Thrust	3	10
Smith Machine Leg Press	3	12
Smith Machine Shoulder Press	3	12
Smith Machine Close Grip Bench Press	3	12
Smith Machine Incline Tricep Extension	3	12
Smith Machine Shrug	3	15