



6-WEEK LEAN BULK WORKOUT PROGRAM FOR WOMEN

Workout Summary

Main Goal: Build Muscle
Training Level: Beginner
Days Per Week: 5 Day
Program Duration: 6 Weeks
Click here for the full workout!

Equipment: Bands, Barbell, Bodyweight, Cables, Dumbbells, Kettle Bells, Machines
Target Gender: Female
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Day 1: Lower Body (Glutes & Quads Focus)

Exercise	Sets	Reps	Rest
Wide Stance Smith Machine Squats	3	10 - 15	90 - 120 Sec
Single Leg RDL	3	10 - 15	60 - 90 Sec
Leg Press	3	10 - 15	90 - 120 Sec
Hip Abduction Machine	3	10 - 15	60 - 90 Sec
Leg Extension	3	10 - 15	60 - 90 Sec
Calf Raise	3	10 - 15	60 Sec

Day 2: Upper Body Push (Chest, Shoulders, Triceps)

Exercise	Sets	Reps	Rest
Military Press	3	8 - 12	90 - 120 Sec
Single Arm Lateral Raise	3	8 - 12 Each Arm	60 Sec
Incline Dumbbell Bench Press	3	8 - 12	90 Sec
Dumbbell Flys	3	8 - 12	60 - 75 Sec
Single Arm Overhead Dumbbell Extension	3	8 - 12	60 Sec
Rope Tricep Extension	3	8 - 12	60 Sec

Day 3: Active Recovery or Rest

Light walking, mobility work, stretching, yoga, or low-intensity recovery sessions are recommended to promote circulation and reduce soreness without interfering with muscle recovery.

Exercise
3 Active Recovery Workouts for Your Next Rest Day

Day 4: Lower Body (Glutes & Hamstrings Focus)

Exercise	Sets	Reps	Rest
Barbell Hip Thrust	3	10 - 15	90 - 120 Sec
Sumo Deadlift	3	10 - 15	120 Sec
Banded Good Morning	3	10 - 15	60 - 75 Sec
Hip Abduction Machine	3	10 - 15	60 - 90 Sec
Seated Leg Curl	3	10 - 15	60 - 90 Sec
Seated Calf Raise	3	10 - 15	60 Sec

Day 5: Upper Body Pull (Back & Biceps)

Exercise	Sets	Reps	Rest
Bent Over Row	3	8 - 12	90 - 120 Sec
Wide Grip Lat Pulldown	3	8 - 12	90 Sec
Bent Over Dumbbell Reverse Fly	3	8 - 12	60 Sec
Hyperextension	3	8 - 12	60 - 75 Sec
Concentration Curl	3	8 - 12	60 Sec
Hammer Curl	3	8 - 12	60 Sec

Day 6: Full Body Conditioning Circuit

This session is performed as a circuit to maintain conditioning and support overall training capacity while minimizing excessive calorie expenditure. Beginners can complete one round, while intermediate and advanced lifters may complete two rounds with two minutes of rest between rounds. Rest approximately 20-30 seconds between exercises.

Exercise	Sets	Reps	Rest
Lying Leg Raise	1 - 2	15 - 20	20 - 30 Sec
Kettlebell Swing	1 - 2	15 - 20	20 - 30 Sec
Goblet Squat	1 - 2	15 - 20	20 - 30 Sec
Arnold Press	1 - 2	15 - 20	20 - 30 Sec
Assisted Pull Up	1 - 2	15 - 20	20 - 30 Sec
Push Up	1 - 2	15 - 20	20 - 30 Sec
Crunches	1 - 2	15 - 20	20 - 30 Sec