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6-WEEK WOMEN'S FULL BODY STRENGTH AND CONDITIONING WORKOUT

Workout Summary

Main Goal: Increase Strength

Training Level: Beginner

Days Per Week: 3 Days

Program Duration: 6 Weeks

[Click here for the full workout!](#)

Equipment: Bodyweight, Dumbbells

Target Gender: Female

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6-Week Women's Full Body Strength and Conditioning Workout

Editor's Note: This is a circuit-style workout. You can rest for the prescribed time, or rest as needed.

Exercise	Reps	Rest
Goblet Squat	10	30 Sec
Squat Jump	20	30 Sec
Dumbbell Stiff Leg Deadlift	10	30 Sec
Lunge	10 Each	30 Sec
Standing Calf Raise	20	30 Sec
Plank	30 - 60 Sec	30 Sec
Dumbbell Floor Press	10	30 Sec
Floor Dumbbell Fly	20	30 Sec
Dumbbell Row	10	30 Sec
Dumbbell Pullover	20	30 Sec
Plank	30 - 60 Sec	30 Sec
Arnold Press	10	30 Sec
Lateral Raise	20	30 Sec
Dumbbell Curl	10	30 Sec
Overhead Tricep Extension	20	30 Sec
Plank	30 - 60 Sec	30 Sec
Lying Leg Raise	10	30 Sec
Crunches	20	30 Sec
Side Crunch with Leg Lift	20	30 Sec
Plank	To Failure	30 Sec