



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



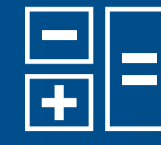
Diet Plans



Expert Guides



Videos



Tools

8 WEEK BEGINNER WORKOUT FOR WOMEN

If you're a woman and are interested in beginning a weight training workout routine, this 8 week beginner workout for women is the perfect workout for you!

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-beginner-workout-for-women>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 weeks

Days Per Week: 3 Day

Time Per Workout: 60-90 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: [Josh England](#)

Day 1: Full Body Beginner Women's Workout

Exercise	Sets	Reps
Romanian Deadlift	4	6 - 8
Leg Press	3	10 - 12
Assisted Chin Up	3	6 - 8*
Bench Press	3	6 - 10
Cable Row	3	10 - 12
Hip Abduction Machine	2	15
Bodyweight Glute Bridge	2	30

*If you can perform without assistance do so and progress by adding reps.

Day 2: Full Body Beginner Women's Workout

Exercise	Sets	Reps
Barbell Back Squat	4	6 - 8
Leg Curl	3	10 - 12
Barbell Row	3	6 - 8
Assisted Dips	3	6 - 8*
Lateral Raise	3	10 - 12
Kettlebell Swing	2	25
Glute Kickbacks	2	30 Each

*If you can perform without assistance do so and progress by adding reps.

Day 3: Full Body Beginner Women's Workout

Exercise	Sets	Reps
Hip Thrust	4	6 - 8
Goblet Squat	3	10 - 15
Lat Pull Down	3	8 - 12
Barbell Shoulder Press	3	6 - 8
(Assisted) Push Up	3	10 - 12
Dumbbell Curl	2	12
Cable Tricep Extension	2	12

*If you can perform without assistance do so and progress by adding reps.