



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



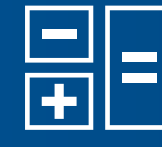
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8 WEEK FULL BODY WORKOUT ROUTINE FOR WOMEN

This 8 week full body womens workout routine was designed to help you build lean muscle tone and burn fat. It's perfect for anyone, beginners to advanced.

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-full-body-womens-workout-routine>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 45-70 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells

Author: Team Muscle & Strength

Monday

Exercise	Sets	Reps
Goblet Squat	3	10, 10, 12
Dumbbell Bench Press	3	10, 10, 12
Cable Row	3	10, 10, 12
Dumbbell Stiff Leg Deadlift	3	10, 10, 12
Hip Thrust	3	10, 10, 12

Wednesday

Exercise	Sets	Reps
Trap Bar Deadlift	3	10, 10, 12
Dips*	3	10, 10, 12
Pull Ups*	3	10, 10, 12
Landmine Squat	3	10, 10, 12
Plank	3	20 Secs

* If you cannot perform bodyweight dips or pull ups start off by performing [eccentric only dips](#) and [eccentric only pull ups](#), as well as [band assisted dips](#) and [band assisted pull ups](#), until you build the strength necessary to perform them w/ your bodyweight.

Friday

Exercise	Sets	Reps
Dumbbell Shoulder Press	3	10, 10, 12
Lat Pull Down	3	10, 10, 12
Push Up	3	10, 10, 12
Barbell Lunge	3	10, 10, 12
Hyperextension	3	10, 10, 12