



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



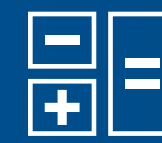
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BACK & SHOULDER WORKOUT ROUTINE FOR WOMEN

This upper body workout will help women build shoulder and back development and strength. It requires only a set of dumbbells.

Link to Workout: <https://www.muscleandstrength.com/workouts/back-shoulder-workout-routine-women>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 6 Weeks
Days Per Week: 2 Days

Time Per Workout: 45-60 Mins
Equipment: Bodyweight, Dumbbells
Author: Holly Blumenberg

Workout Routine for Women

Exercise	Sets	Reps
Back & Shoulders		
Dumbbell Shoulder Press	3	12
Dumbbell Upright Row	3	12
Bent Over Dumbbell Row	3	12
Side Lateral Raise	3	6-10
Push Ups	3	Failure
Pull Ups	3	Failure