



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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THE SUPER TONING TRAINING ROUTINE

This intense routine, aimed at women, is a mix of stretching, cardio and resistance training designed to help you tone up and tighten up.

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 9 Weeks
Days Per Week: 5 Days

Time Per Workout: 45-60 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells
Author: Doug Lawrenson

Link to Workout: <https://www.muscleandstrength.com/workouts/the-super-toning-training-routine.html>

Day 1: Shoulders, Biceps, & Triceps

Exercise	Sets	Reps
Dumbbell Shoulder Press	4	8 - 10
Cable Upright Row	3	8 - 10
Dumbbell Rear Delt Raise	3	8 - 10
One-Arm Cable Curl	3	8 - 10
Barbell Curl	2	8 - 10
Dumbbell Concentration Curl	2	8 - 10
Dumbbell Triceps Kickbacks	3	8 - 10
One-Arm Dumbbell Triceps Extension	3	8 - 10
One-Arm Reverse Pushdown	2	8 - 10

Day 2: Freeform Cardio

Minutes	RPE	Notes
3	3	Warm up at low intensity
4	5	Increase resistance and/or pedal power
1	7	Increase resistance and/or pedal power
3	5	Decrease resistance and/or pedal power
1	8	Increase resistance and/or pedal power
2	5	Decrease resistance and/or pedal power
1	9	Increase resistance and/or pedal power
2	5	Decrease resistance and/or pedal power
1	9	Increase resistance and/or pedal power
3	5	Decrease resistance and/or pedal power
1	8	Increase resistance and/or pedal power
4	5	Decrease resistance and/or pedal power
1	7	Increase resistance and/or pedal power
3	3	Cool down at low intensity

Increase intensity by altering either the duration or RPE every week.

Day 3: Thighs, Hamstrings, & Calves

Exercise	Sets	Reps
Barbell Squat	4	8 - 10
Leg Extension	3	8 - 10
Dumbbell Side Lunge	3	8 - 10
Dumbbell Stiff-Leg Deadlift	3	8 - 10
Lying Leg Curl	3	8 - 10
Cable Abductor Raise	3	8 - 10
Standing Calf Raise	3	8 - 10

Day 4: Freeform Cardio

Exercise	Sets	Reps
Refer to Day 2 Table.		

Increase intensity by altering either the duration or RPE every week.

Day 5: Chest, Back & Abs

Exercise	Sets	Reps
Barbell Incline Press	4	8 - 10
Dumbbell Flat Press	3	8 - 10
Dumbbell Incline Fly	3	8 - 10
Reverse Lat Pulldown	4	8 - 10
One-Arm Dumbbell Row	3	8 - 10
Dumbbell Pullover	3	8 - 10
Cable Weighted Crunch	3	8 - 10
Leg Raises	3	8 - 10

Day 6: Freeform Cardio

Exercise	Sets	Reps
Refer to Day 2 Table.		

Increase intensity by altering either the duration or RPE every week.

Day 7: Freeform Cardio

Exercise	Sets	Reps
Refer to Day 2 Table.		

Increase intensity by altering either the duration or RPE every week.

Notes

This is a 9 Week program, and you will perform these exercises each week, making the following changes:

- Weeks 1, 4, 7: Follow routine as described above. Rest 60 - 90 Secs.
- Weeks 2, 5, 8: 3 sets of 12 - 20 reps for each exercise. Rest 30 Secs.
- Weeks 3, 6, 9: Follow routine as describe above, but do a drop set on the last set. Rest 60 - 90 Secs.