

THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®













THE BEST FULL BODY WORKOUT **ROUTINE FOR WOMEN**

Get in the best shape of your life over the course of the next 12 weeks by using the best full body workout routine for women! Read on and learn more!

Link to Workout: https://www.muscleandstrength.com/ workouts/best-full-body-workout-routine-for-women

Main Goal: Lose Fat Training Level: Beginner **Program Duration:** 10 Weeks Days Per Week: 4 Days

Equipment: Bands, Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Exercise Ball, Machines Target Gender: Female

Time Per Workout: 60 - 90 Mins Author: M&S Team

Women's Full Body Workout 1

Exercise	Sets	Reps
Squat	4	6 - 8
<u>Leg Press</u>	3	10 - 15
Rear Foot Elevated Split Squat	3	8 - 12 Each
Overhead Press	4	8
One Arm Dumbbell Row	4	6 - 8
Lat Pull Down	3	8 - 12

Optional Additional Exercises 1

•		
Exercise	Sets	Reps
<u>Hyperextension</u>	3	15 - 20
Single Leg Glute Bridge	3	10 - 15 Each
Mini Band Hip Thruster	3	15

Women's Full Body Workout 2

Exercise	Sets	Reps
Goblet Squat	3	12 - 15
Dumbbell Stiff Legged Deadlift	3	10 - 12
<u>Lateral Lunge</u>	3	12 Each
Dumbbell Bench Press	3	8 - 10
(Assisted) Pull Up	3	Max
Inverted Row	3	Max

Optional Additional Exercises 2

Exercise	Sets	Reps
Dumbbell Curl	3	12
Rope Pressdown	3	12
EZ Bar Curl	3	12
EZ Bar Overhead Extension	3	12

Exercise

Women's Full Body Workout 3

Exercise	Sets	Reps
Sumo Deadlift	4	6 - 8
Hip Thrust	4	6 - 8
Barbell Row	4	6 - 8
Seated Dumbbell Press	3	8 - 12
<u>Lateral Raise</u>	3	10 - 12
Push Up	3	Max

Exercise

Optional Additional Exercises 3

Women's Full Body Workout 4			
Hanging Leg Raise	3	12 - 15	
Exercise Ball Crunch	3	20	
<u>Plank</u>	3	Max Time	

Sets

Sets

3

Reps

Reps

Exercise

Plie Squat	3	12 - 15
Dumbbell Rear Lunge	3	12 - 15
Landmine Romanian Deadlift	3	12 - 15
T-Bar Row	4	8 - 12
Incline Dumbbell Bench Press	3	12 - 15
Cable Face Pull	3	15 - 20

Cable Face Pull	3	15 - 20
Optional Additional Exercises 4		
Exercise	Sets	Reps
Fog Pumps	3	20 - 25
Glute Kick Back	3	15 Each
Adduction Machine (or Banded)	3	12

12

MUSCLEANDSTRENGTH.COM

<u>Abduction Machine</u> (or Banded)