



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## WOMEN'S FITNESS TRAINER: 6 WEEK WOMEN'S WORKOUT FOR STRENGTH

This 6 week women's fitness trainer was designed to help you build strength. Give this 3 day weekly workout protocol a shot & accomplish all of your goals!

Link to Workout: <https://www.muscleanstrength.com/workouts/womens-fitness-trainer-6-week-strength-workout>

**Main Goal:** Increase Strength

**Training Level:** Beginner

**Program Duration:** 6 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 45-60 Mins

**Equipment:** Barbell, Bodyweight, Dumbbells, Machines, Other

**Author:** Brad Borland

### Monday

Exercise	Warm Up Sets	Working Sets
<b>Superset</b>		
<a href="#">Incline Bench Dumbbell Press</a>	1 x 12	3 x 8 - 12
<a href="#">Dumbbell Row</a>	1 x 12	3 x 8 - 12
<b>Superset</b>		
<a href="#">Standing Dumbbell Press</a>	1 x 12	3 x 8 - 12
<a href="#">Dumbbell Upright Row</a>	1 x 12	3 x 8 - 12
<b>Superset</b>		
<a href="#">Dumbbell Lunge</a>	1 x 12	3 x 8 - 12
<a href="#">Dumbbell Stiff Leg Deadlift</a>	1 x 12	3 x 8 - 12
<b>Superset</b>		
<a href="#">Single Leg Calf Raise</a>	-	3 x 8 - 12
<a href="#">Goblet Squat</a>	-	3 x 8 - 12
<b>Superset</b>		
<a href="#">Lying Leg Lift</a>	-	3 x 20
<a href="#">Ab Crunch</a>	-	3 x 20
Rest 60 Secs after each superset.		

### Wednesday

Exercise	Warm Up Sets	Working Sets
<b>Superset</b>		
Box Jump	1 x 12	3 x 10
<a href="#">Reverse Dumbbell Lunge</a>	1 x 12	3 x 10
<b>Superset</b>		
<a href="#">Push Up</a>	1 x 12	3 x Failure
<a href="#">Band Assisted Pull Up</a>	1 x 12	3 x Failure
<b>Superset</b>		
<a href="#">Dumbbell Side Lateral Raise</a>	-	3 x 10 - 15
<a href="#">Bent Over Rear Delt Fly</a>	-	3 x 10 - 15
<b>Superset</b>		
<a href="#">Dumbbell Curl</a>	-	3 x 10 - 15
<a href="#">Overhead Dumbbell Tricep Extension</a>	-	3 x 10 - 15
<b>Superset</b>		
<a href="#">Bicycle Crunch</a>	-	3 x 20
<a href="#">Hanging Leg Raise</a>	-	3 x 20
Rest 60 Secs after each superset.		

### Friday

Exercise	Warm Up Sets	Working Sets
<b>Superset</b>		
<a href="#">Dumbbell Bench Press</a>	2 x 12	3 x 6 - 12
<a href="#">Deadlift</a>	2 x 12	3 x 6 - 12
<b>Superset</b>		
<a href="#">Squat</a>	2 x 12	3 x 6 - 12
<a href="#">Leg Curl</a>	2 x 12	3 x 6 - 12
<b>Superset</b>		
<a href="#">Barbell Upright Row</a>	-	3 x 10 - 15
<a href="#">One Arm Dumbbell Press</a>	-	3 x 10 - 15
<b>Superset</b>		
<a href="#">Squat Jump</a>	-	3 x 10
<a href="#">Lateral Lunge</a>	-	3 x 10
<b>Superset</b>		
<a href="#">Ab Crunch</a>	-	3 x 20
<a href="#">Plank</a>	-	3 x 20 Secs
Rest 60 Secs after each superset.		