

WOMEN'S MUSCLE-BUILDING WORKOUT

with Dumbbells

*Increase weight in Week 3

| WEEK 1 | WEEK 2 | WEEK 3* | WEEK 4 |
|--|---|--|--|
| 3 Sets of each exercise | 3 Sets of each exercise | 4 Sets of each exercise | 4 Sets of each exercise |
| Day 1 10 Push-ups 10 Shoulder press 10 Dumbbell rows 30-second planks | Day 1 10 Chest Press 10 Shoulder press 10 Dumbbell rows 30-second planks | Day 1 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks | Day 1 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks |
| Day 2 10 Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts | Day 2 10 Goblet squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts | Day 2 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts | Day 2 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts |
| Day 3 Cardio 30-second side planks | Day 3 Cardio 30-second planks 30-second flutter kicks | Day 3 Cardio 30-second planks 30-second reverse crunches | Day 3 Cardio 30-second planks 30-second reverse crunches |
| Day 4 REST | Day 4 REST | Day 4 REST | Day 4 REST |
| Day 5 10 Push-ups 10 Shoulder press 10 Dumbbell rows 10 Chest press | Day 5 10 Push-ups 10 Shoulder press 10 Dumbbell rows 10 Chest press | Day 5 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks | Day 5 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks |
| Day 6 10 Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts | Day 6 10 Goblet Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts | Day 6 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts | Day 6 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts |
| Day 7 Cardio 30-second planks | Day 7 Cardio 30-second planks | Day 7 Cardio 45-second planks | Day 7 Cardio 45-second planks |

What Is Home Workout Explained

JR Anderson



What Is Home Workout Explained:

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