

# 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
<b>Day 1</b> 10 Push-ups 10 Shoulder press 10 Dumbbell rows 30-second planks	<b>Day 1</b> 10 Chest Press 10 Shoulder press 10 Dumbbell rows 30-second planks	<b>Day 1</b> 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks	<b>Day 1</b> 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks
<b>Day 2</b> 10 Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	<b>Day 2</b> 10 Goblet squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	<b>Day 2</b> 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts	<b>Day 2</b> 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts
<b>Day 3</b> Cardio 30-second side planks	<b>Day 3</b> Cardio 30-second planks 30-second flutter kicks	<b>Day 3</b> Cardio 30-second planks 30-second reverse crunches	<b>Day 3</b> Cardio 30-second planks 30-second reverse crunches
<b>Day 4</b> REST	<b>Day 4</b> REST	<b>Day 4</b> REST	<b>Day 4</b> REST
<b>Day 5</b> 10 Push-ups 10 Shoulder press 10 Dumbbell rows 10 Chest press	<b>Day 5</b> 10 Push-ups 10 Shoulder press 10 Dumbbell rows 10 Chest press	<b>Day 5</b> 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks	<b>Day 5</b> 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks
<b>Day 6</b> 10 Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	<b>Day 6</b> 10 Goblet Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	<b>Day 6</b> 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts	<b>Day 6</b> 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts
<b>Day 7</b> Cardio 30-second planks	<b>Day 7</b> Cardio 30-second planks	<b>Day 7</b> Cardio 45-second planks	<b>Day 7</b> Cardio 45-second planks

# What Is Home Workout Explained

**SB Merriam**



## **What Is Home Workout Explained:**

## Unveiling the Magic of Words: A Overview of "**What Is Home Workout Explained**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**What Is Home Workout Explained**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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