FULL BODY SPLIT (Girls)

Disclaimer at the beginning of the workout, this workout is predominantly aimed at novice female lifters. Of course, anyone can use this workout if they wish, but that is the demographic this was designed for. As this is a home workout, it gives the opportunity for those readers who are apprehensive about the gym dynamic to learn and master exercises at home before taking them into a gym setting. Take this from someone who started training in a home-gym setting, that once you arrive in an actual gym, it feels like a playground felt as a child. There are so many pieces of equipment to try, so many variations of exercises to try out, it is very fun. Now, getting into a routine is crucial so we suggest splitting the routine into a 3-day split, this gives you plenty of time to recover before the next workout, as some of the exercises will be repeated. Do not worry readers, this is a nonsense-free zone… “don’t overdo it, we don’t want you looking like one of those Amazon women”… That is an actual quote that my Dad said to my sister… so yeah, I have awareness of some of the rubbish that girls who lift have to deal with. This is obviously symptomatic of a wider issue surrounding women’s fitness and what women are supposed to be aiming for. **The point of this workout is to help women feel the empowerment that the gym can offer them.**

For this workout you will need:

* **Dumbbells**. Click here for the best dumbbells of 2021 or click here to jump to my favourite one.

Other useful pieces of equipment:

* **Yoga Mat** for a comfortable place to exercise.

and

* **Barbell** to add variety to the workout.

If you do not have any of the equipment check out my Awesome no equipment workout plan

FULL BODY SPLIT

3 DAY SPLIT (e.g., Monday, Wednesday, Friday)

This workout will go as follows.

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| Day 1 – LOWER BODY | Hamstrings, Quadriceps, Glutes, Lower Back |
| Day 2 – UPPER BODY | Abdominals, Biceps, Triceps, Pectorals, Lats |
| Day 3 – LOWER BODY | Hamstrings, Quadriceps, Glutes, Lower Back |

DAY 1 – LOWER BODY

* Dumbbell Squats 4x10
* Romanian Deadlift (Straight-Leg Deadlift) 4x10
* Prone Leg Raise 4x10
* Dumbbell Lunges 4x10
* Side Plank Leg Raise 4x10

DAY 2 – UPPER BODY

* Oblique Crunch 4x10
* Bicep Curl 4x10
* Triceps Extension 4x10
* Press Ups 4x10
* Dumbbell Rows 4x10

DAY 3 – LOWER BODY

* Box Squats 4x10
* Calf Raises 4x10
* Single Leg Kickback 4x10
* Romanian Deadlift 4x10
* Dumbbell Lunges 4x10

DAY 1 – LOWER BODY

Dumbbell Squats 4x10

If you are not doing squats in some capacity on leg day, you should try and compensate with a couple of replacement exercises, purely because nothing builds strength in legs like squats. Hold a dumbbell in both hands, feet at least shoulder-width apart, although this will need to be adjusted for your preference. Then squat down towards the ground, stopping at 90 degrees and come back up to a standing position. You want to work to your capacity and not overload too much, purely because we do not want to get injured.

Pro Tip: Make sure you learn your personal requirements for this lift, tall people with long limbs will need greater dorsiflexion (flexibility of limbs moving back towards the body), than your shorter-limbed counterparts.

Romanian Deadlift 4x10

The Romanian Deadlift is the most famous thing to come out of Romania since Count Dracula, except this is a lot more people-friendly. You start with your dumbbells in your hands and your feet shoulder-width apart. Lean forward whilst keeping your back straight until you reach the end of your range of motion, then straighten back up to a standing position. This is a very useful exercise for training hamstrings, which tend to be a weak point for most people due to squat dominant workouts.

Pro Tip: Make sure you do not hold the dumbbells too far out from your midline, this will cause you to overextend, and it will put pressure on your lower back in an uncomfortable and unsafe way.

Prone Leg Raise 4x10

This is a standard bodyweight exercise used in many facets of fitness, mostly as a warmup for heavier exercise but they are an excellent means of isolating the glutes and hamstrings. You have to lie face down on the floor, hopefully on a matt, and extend your working leg backwards and upwards until you reach the end of your range of motion. This exercise is excellent at building up flexibility as well as being a very effective hamstring exercise.

Pro Tip: To make this exercise harder, adopt a position on all fours, in a crawl position and then extend your leg backwards and upwards from there.

Dumbbell Lunges 4x10

One of the more humbling exercises that you can do. These are very intense, especially once your muscles are fatigued. You start in an upright position, dumbbells in hand. Then place one foot ahead of the other, about a stride in front, and lean into the lunge until you hit parallel to the ground, then come back up and switch legs. It is suggested that you have something near by to rest on following these exercises because your legs will not be sufficient in the immediate aftermath.

Pro Tip: Make sure to keep your back leg in-line with the rest of your body. This is crucial to a smooth movement and it will also help you with avoiding knee issues later on.

Side Plank Leg Raise 4x10

Kneel on the floor, or the mat that you have. Lean to one side and tuck the leg, of the side that is touching the floor, under your body. Lift your outer leg upwards and outwards, then slowly bring it back and repeat. This exercise largely targets glutes and a large about of core is also used in this exercise. This exercise also works on hip-flexor flexibility, so the longer you perform this movement, the better you will get at it.

Pro Tip: It is so important to be leaning on something soft like a cushion or a blanket with your kneeling side otherwise your knee and shin will really start to hurt as there is a lot of force going through that grounding limb.

DAY 2 – ABS & ARMS

Disclaimer: Abs are often a bitter pursuit for many a fitness enthusiast, whilst they are attainable in various forms, what gets you abs at the end of the day is low body fat. Plain and simple. Everyone suffers adverse health effects from maintaining very low body fat, women in particular can suffer severe consequences from maintaining very low body fat levels. So, keep your goals realistic and yourself healthy.

Oblique Crunch 4x10

For this exercise, you lie down on your back and place your feet flat on the floor, hip-width apart. Then you roll your knees to one side down to the floor. You need your hands across your chest or behind your neck. Curl up towards your centre until your shoulders lift off the floor, that should be the end of the movement. This is a great start to the workout, getting your core warm for the remaining exercises.

Pro Tip: Do not tuck your neck into your chest as your rise. Also do not lift your head off the floor with your arms. This will result in trauma to the vertebrae, and not to mention improper form.

Bicep Curl 4x10

A bicep curl is to isolate the biceps from the rest of your working muscles, it is excellent for this. Biceps only make up one third of the upper, with the other two thirds coming from triceps, which you also get to train today, so do not skip on them. Arm training is excellent for all-round strength, they support so many movements. For this exercise you will need your arms by your sides, holding dumbbells and pull upwards towards your body whilst holding the weight. Stop around a 90 degree angle.

Pro Tip: You will be surprised how quickly muscles fatigue under isolation, so do not feel like you have to keep your weights the same for all the sets. Drop your weights if your form is being compromised for the reps.

Triceps Extension 4x10

Triceps get work in compound lifts, but absolutely need their own accessory work, whether for strength training or for aesthetics. Your arm should be positioned above your head and the weight should be lowered just behind your head and then back up. Anyone who plays batting sports, strength-training arms is a key component to making your swing more powerful. So, it is worth making a note of your weights and seeing if you can beat them next time.

Pro Tip: Feel free to use your elbow to support your working arm, otherwise this can lead to unwanted pressure on the shoulder joint. Or feel free to twist your wrist at the top of the extension to force the smaller triceps head to contract.

Press Ups 4x10

The press up is the GOAT of bodyweight exercises. The press up is perfect for general fitness and as part of an intense program alike, doing press ups regularly will increase your overall upper body strength. Some people prefer to keep the press ups for the end of the workout to use as a burnout or finisher exercise which is totally up to you. In terms of form, you need to keep your feet shoulder-width apart and place your arms on the floor. Lower yourself towards the ground and push back up, remembering to keep your body in line with itself.

Pro Tip: Sometimes the muscles reach a point of fatigue where they cannot move your whole body, it is fine to put your knees down and continue until the end of the set.

Dumbbell Rows 4x10

Dumbbell Rows are another exercise that is very good for your overall strength. It builds a good foundation for later success in getting stronger. Make sure to lean to one side, left or right of the bench and pull the weight up to your side, just under your working lat. Do not overload the weight as this exercise is best performed as a squeeze on the pull, rather than a jerk towards you. It is important to keep the movement smooth.

Pro Tip: If you struggle with the grip on this exercise, it is worth just practising by pinching a plate in your hands and gripping as hard as you can until failure. If you do this over a number of weeks, you should be able to see noticeable improvement in your grip.

DAY 3 – LOWER BODY

Box Squats 4x10

If you have saved this exercise for last, it will probably have to be weightless, at least for the first few times you perform it. This exercise is exactly how it sounds, you perform a standard squat movement onto a box, that is hopefully at the height where you hit parallel to the ground, and then back up. A rest on the box is sometimes necessary, but you are only delaying the inevitable second half of the rep, which is literally inevitable because once you have sat down, you have to get back up at some point. Checkmate.

Pro Tip: Do not go below parallel on the squat movement/ensure your box is big enough to prevent you from going below parallel. If you go below parallel, you are putting a large amount of stress on your knee ligaments, which is best avoided.

Calf Raises 4x10

This is a crucial part of leg workouts as calves literally support the rest of your legs and body. People who do sports will benefit immensely from calf training in terms of how much they help with the stabilisation of the legs, and by extension speed and power. Stand upright with a dumbbell in each hand, feet flat on the floor. Then push upwards with your calves until you are stood on tip toes. Then lower yourself down to the floor.

Pro Tip: Make sure you support yourself, your legs after a session will be very tired and just standing upright will not be as simple as it sounds.

Single Leg Kickbacks 4x10

The first of two hamstring exercises in this workout, this is the less intense version which is why it is first. You lean forward on something like the back of a chair, feet shoulder-width apart. Bend one knee slightly and then kick out and behind in a smooth motion with the other leg. You should feel this pull on the top of the hamstring.

Pro Tip: Do not kick back aggressively, that would be poor form. You should try to feel the entire movement in your muscle, yes that can be uncomfortable.

Romanian Deadlift 4x10

Please see: DAY 1 – LOWER BODY where this exercise is already explained.

Dumbbell Lunges 4x10

Please see: DAY 1 – LOWER BODY where this exercise is already explained.