

# BUILD WITHOUT THE BULK: 6 WEEK MUSCLE BUILDING WORKOUT FOR WOMEN

## Workout Summary

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Days Per Week:** 7 Day

**Program Duration:** 6 Weeks

**Click here for the full workout!**

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines

**Target Gender:** Female

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## Days 1, 3, 5: Lower Body

Exercise	Sets	Reps
Sumo Deadlift	3	12, 10, 8
Bulgarian Split Squats	3	12, 10, 8 (each leg)
Barbell Hip Thrust	3	12, 10, 8
Glute Cable Kickback	3	12, 10, 8 (each leg)
Leg Press	3	12, 10, 8
Seated Leg Curl	3	12, 10, 8
A1. Hip Abduction Machine	3	12, 10, 8
A2. Hip Adduction Machine	3	12, 10, 8
Seated Calf Raise	3	12, 10, 8

## Days 2, 4: Upper Body

Exercise	Sets	Reps
Seated Dumbbell Press	3	15, 12, 10
Seated Lateral Raise	3	15, 12, 10
Reverse Pec-Deck	3	15, 12, 10
Seated Row	3	15, 12, 10
Lat Pull Down	3	15, 12, 10
Incline Dumbbell Bench Press	3	15, 12, 108
Cable Crossover	3	15, 12, 10
Preacher Curl	2	15
Triceps Push Down	2	15

## Day 6: Full Body

Exercise	Sets	Reps
Sumo Squat	2	12, 10
Romanian Deadlift	2	12, 10
Walking Lunge	2	12, 10 (each leg)
Lying Leg Raise	2	12, 10
Weighted Crunch	2	12, 10
Dumbbell Pullover	2	12, 10
Upright Row	2	12, 10
Dumbbell Bench Press	2	12, 10
Cable Curl	2	15
Overhead Triceps Extension	2	15

## Day 7: Mobility/Recovery

Exercise	Sets	Reps
World's Greatest Stretch	2	30 sec
Squat to Stand	2	30 sec
Hip Circles	2	15 (each side)
Leg Swings	2	15 (each leg)
Prone Quad Stretch	2	30 sec (each leg)
Superman	2	30 sec
90/90 Hip Crossover	2	5-10 (each side)
Arm Circles (Clockwise)	2	30 sec
Arm Circles (Counter Clockwise)	2	30 sec
Push Up	2	10-12
Dead Bug	2	30 sec
Plank	2	60-90 sec
Side Plank	2	60-90 sec (each side)