

6-Day Women's Full Body Workout Schedule for All Levels

This 6-day women's workout routine is thoughtfully designed to target key areas such as glutes, thighs, core, and upper body toning. It offers a balanced mix of strength training, cardio, and recovery to support fat loss, muscle toning, and overall fitness. Each day's plan includes beginner, intermediate, and advanced variations to help you progress safely and effectively.

Day 1 - Glutes & Hamstrings

Workout	Beginner	Intermediate	Advanced
Glute Bridges	12 x 2	15 x 3	20 x 4
Romanian Deadlifts	10 x 2	10 x 3	8 x 4
Hip Thrusts	10 x 2	12 x 3	15 x 4
Hamstring Curl Machine	12 x 2	12 x 3	10 x 4

Day 2 - Upper Body Toning

Workout	Beginner	Intermediate	Advanced
Dumbbell Shoulder Press	10 x 2	10 x 3	12 x 4
Lat Pulldown	10 x 2	10 x 3	12 x 4
Tricep Kickbacks	12 x 2	12 x 3	15 x 4
Bicep Curls	12 x 2	12 x 3	12 x 4

Day 3 - Legs & Thighs

Workout	Beginner	Intermediate	Advanced
Bodyweight Squats	15 x 2	20 x 3	25 x 4
Leg Press	10 x 2	10 x 3	12 x 4
Step-Ups	10/leg x 2	12/leg x 3	15/leg x 4
Lunges	10 x 2	12 x 3	15 x 4

Day 4 - Core Strength

Workout	Beginner	Intermediate	Advanced
Crunches	15 x 2	20 x 3	30 x 4
Leg Raises	12 x 2	15 x 3	20 x 4

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Russian Twists	10 x 2	12 x 3	15 x 4
Plank	30 sec x 2	45 sec x 3	1 min x 4

Day 5 - Glutes & Cardio

Workout	Beginner	Intermediate	Advanced
Kettlebell Swings	15 x 2	15 x 3	20 x 4
Donkey Kicks	12 x 2	15 x 3	20 x 4
Jump Squats	10 x 2	12 x 3	15 x 4
Jump Rope	2 min	3 min	5 min

Day 6 - Active Recovery & Core

Workout	Beginner	Intermediate	Advanced
Brisk Walk or Light Cycling	15 mins	20 mins	30 mins
Bird Dogs	10 x 2	12 x 3	15 x 4
Side Plank	30 sec	45 sec	1 min
Stretching/Yoga	10 mins	15 mins	20 mins