

WOMEN'S GYM WORKOUT ROUTINE TO STRENGTHEN AND TONE MUSCLE

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Female bodies work differently than males; that's why their workout plan is slightly different from theirs when it comes to strengthening and toning muscles.

Limited women work out to build muscle and increase weight. And if you're one of them, you can follow this women's muscle-building gym workout routine.

Schedule:

- **Monday** – Chest, Shoulder, and Triceps
- **Tuesday** – Back, Shoulder, and Biceps
- **Wednesday** – Legs and Abs
- **Friday** – Back, Shoulder, and Chest
- **Saturday** – Lower Body and Abs



Monday – Chest, Shoulder, and Triceps

Exercise	Muscles Worked	Reps
Incline Pushup	Chest	10 x 2
Flat Bench Press	Chest and Triceps	12, 10, 8
Incline Dumbbell Press	Chest and Front Delt	10, 8, 8
Barbell Overhead Press	Shoulder and Triceps	12, 10, 8

Bent-arm Lateral Raise	Shoulder	10, 8, 8
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Tuesday – Back, Shoulder, and Biceps

Exercise	Muscles Worked	Reps
Front Lat Pulldown	Back	15 x 3
Seated Cable Row	Back	15 x 3
One-arm Dumbbell Row	Back	10 x 3
Rear Delt Dumbbell Raises	Posterior Delt	10 x 3
Chin-ups	Biceps	5 x 3
Incline Dumbbell Curl	Biceps	10 x 3

Wednesday – Legs and Abs

Exercises	Muscles Worked	Reps
Dumbbell Front Squat	Quadriceps	15 x 3
DB Front Lunges	Lower body	10 x 3
DB Romanian Deadlift	Hamstrings	8 x 3
Leg Curl	Hamstrings	15 x 3
10-min Ab Workout	Core	—

Friday – Back, Shoulder, and Chest

Exercises	Muscles Worked	Reps
Bent-over Barbell Row	Back	12 x 3
Incline DB IYT Raises	Back and Shoulder	8 x 3
Incline DB Bench Press	Chest	12 x 3
Pec Deck Fly	Chest	12 x 3
Bench Dips	Triceps	12 x 3

Saturday – Lower Body and Abs

Exercises	Muscles Worked	Reps
Leg Press	Quads	15 x 3
Hip Thrust	Hamstrings	12 x 4
Standing Calf Raises	Biceps and Back	20 x 3
20-min HIIT Ab Workout	Core	–



Instructions and Tips to Follow This Program Effectively

1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

You can use [cardio machines](#) or perform [bodyweight aerobic exercises](#) (not stretching), such as squat jump, burpees, and jumping jacks for 5 minutes to get ready.

3. Post-workout Stretching

Research shows that the post-workout stretching helps reduce muscle soreness. So it's best to perform some [stretching exercises](#) after intense training.⁴

4. How much should you lift?

You can lift as heavy as possible as long as you perform the suggested reps and sets with the right form.

5. The optimal rest time between exercises

The rest time between sets can be sixty seconds to four minutes, depending on what type of exercises you do. For example, if you do [compound liftings](#) you need to take 3-4 minutes of break and if you do [isolation exercises](#), the rest time would be 1-3 minutes.

6. Train When You Feel the Most Active

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

7. Progress Your Level

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

8. Post Workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

9. Keep yourself hydrated

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research show that it helps prevents uneasiness and injuries and boosts performance.

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Nutrigo Lab Strength (Strong VASCULAR Booster)	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Mass Extreme Pro Active Growth + Massive Testo Activator

If the above workout plan helped you, kindly support my work buying through these affiliate links.

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)
- [Dumbbell Weight Loss Exercises](#)
- [The Ultimate List of Isolation Exercises](#)
- [Full Body Dumbbell Workout For Weight Loss](#)
- [The Ultimate HIIT Exercises List](#)

Related program:

- [The 8 Week Shred Workout Plan](#)
- [The Best Weight Loss Diet Program](#)
- [6 Month Workout Plan to Get Ripped and Build Muscle](#)

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