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Workout plan to gain weight female

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TwitterFacebookRedditWhatsAppShare If you’re a female and trying to gain weight through workouts, then this article is for you. In this article, I’ve shared the 20 best exercises that will help females to gain weight and strengthen muscles. It also included a PDF of a gym workout plan to gain weight for females. However these exercises are for all fitness levels, whether you’re a male or female, beginner or intermediate, you can do these gym workouts to gain weight and build muscles. Gaining weight doesn’t mean gaining fat, both are different from one another. Exercises will help you develop muscles mass and that will help you increase weight. But, if you think you can gain weight without managing your diet, then it’s next to impossible. Diet plays a primary role in managing weight. Generally, to gain weight, you’ll need to be in a calorie surplus, meaning you’ll have to eat more calories than your body burns throughout the day. You can see a list of foods that can help you gain weight and include them in your daily diet. You’re underweight because you haven’t fed your body properly.

Base Program

Max out results by varying the workout focus.

BACK	Day 1	Sets	Reps
	Lat Pulldown	3	10
	T-bar Row	3	10
	Wide-grip Seated Row	3	10*
	Straight-arm Lat Pulldown	3	12
	Weighted Hyperextension	3	10**
ABS	Broomstick Twist	2	100
	Lying Knee Lift	3	20
	Crunch	3	20
*Rest-pause on final set. **Dropsets to failure on final set.			
	Day 2 Rest		
LEGS	Day 3	Sets	Reps
	Leg Extension	3	30-50
	Walking Barbell Lunge	3	20
	Leg Press (feet high on platform)	3	30
	Stiff-leg Deadlift	3	20
CALVES	Standing Calf Raise	4	8-10
	Seated Calf Raise	3	8-10
CHEST	Day 4	Sets	Reps
	Flat-bench Dumbbell Press	3	12-15
	Incline Dumbbell Flye	3	12-15
SHOULDERS	Pec Deck	3	12-15
	Dumbbell Lateral Raise	2	15
	Reverse Pec-deck Flye	2	15
	Cable Lateral Raise	2	15
	Dumbbell Front Raise	2	15
	Behind-the-neck Smith Machine Press	2	15
	Day 5 Yoga		
BACK	Day 6	Sets	Reps
	Hyperextension	2	To failure
	Deadlift	3	12-15
ARMS	Kettlebell Pullover	3	12-15
	Standing Dumbbell Curl	3	10-12
	Superset w/ Dumbbell Overhead Triceps Extension	3	10-12
	Cable Curl	3	10-12
ABS	Superset w/ Triceps Pressdown	3	10-12
	Broomstick Twist	2	100
	Hanging Leg Raise	3	20
	Day 7 Rest		

But when you work out you must take care of your nutrition. For example, you’ll have to include protein, carbs, fats, and other nutrients in a way that can recover your muscles after a workout, increase mass and help you gain weight. You can try supplements, such as Nutrigo lab for accelerating the weight gain process. If you want to know how much weight you should gain, then first you have to check your body mass index (BMI). Once you get your BMI, you’ll get an idea of how much weight you can increase. You can check your BMI online using a BMI calculator. Generally, people with under 18.5 BMI are considered as underweight; 18.5 to 24.9 BMI is considered as normal weight, and 25-29.9 BMI comes in the overweight category. People with more than 30 BMI go under the obesity category. Here workouts mean “weight lifting”. I’ll speak about lifting weight because in this post I’ve shared gym workouts for weight gain for females. And the gym workout usually means weight training or lifting weight. If you’re underweight and want to increase weight, workouts may help you. You will gain weight from lean muscle mass that you add by building your muscles with weightlifting - suggested by an article published on Health Clevel and Clinic. However, lifting weight doesn’t make you bulky. Because women have a lower level of Testosterone Hormone which is responsible for muscle growth. Okay so let’s find out which gym workout you can do and how to do those workouts to gain weight for females. You’ll see the 12 exercises for the upper body; 6 workouts for the lower body and the 2 exercises for the core. Doing them all will help you build muscle, strengthen bone, and improve your body composition. Here’s the quick list of gym workouts to gain weight for females Bench PressIncline Dumbbell PressOverhead PressDumbbell Lateral RaiseTricep DipsRope PushdownBent over rowRenegade RowDumbbell RowingCable RowingFront Lat PulldownCable Bicep CurlSquatDeadliftLeg PressLungesBarbell Hip ThrustHamstring CurlForearm PlankSide Plank I haven’t included pushups in this list but you should do; Because push-ups are also helpful in muscles gain and the best thing is that you can do pushups anywhere anytime. So, apart from pushups, here we take a look at the 7 exercises that help you gain upper body muscles. The Bench Press is a must-do exercise for muscle gain whether you’re a beginner, intermediate or advanced. This helps you build shoulder, triceps, and especially chest muscles.



It strengthens muscles, increases pushing strength, and promotes bone health. gym exercises to gain weight for femalesThere are two ways you can do the barbell bench press; first, with the help of the smith machine and the second is the free weight. If you’re a beginner, you should do it on a smith machine because it will help you control your movement and give more perfection to your workout. While the free weight bench press allows you to target your pecs more precisely. A bench press workout is great for weight gain for underweight females and males. Place a flat bench under the smith machine, set the bar in the rack according to your comfort, and put the desired weight.Lay down on the bench on your back, grab the bar with an underhand grip with your elbows bend and palms are facing upward.Keep your feet flat on the ground. That’s the starting position.Keep your abdominal muscles tight, inhale and slowly press the bar upward until your arms are fully straight and then exhale.Pause for a moment at the top and then return to the starting position. That’s one rep!Do the three sets of 10-12 reps each with a couple of minutes rest between the sets. The Incline Dumbbell Bench Press targets the shoulder, arms, and especially the upper part of the chest. With the dumbbells, you can specifically focus on the muscles you want; because the dumbbells allow a full range of motion.



12 WEEK
HOME WORKOUT PLAN

NO-GYM

Monday

20 Squats
15 sec Plank
25 Crunches
35 Jumping Jacks
15 Lunges
25 sec Wall Sit
10 Sit ups
10 Butt Kicks
5 Push ups

Tuesday

10 Squats
30 sec Plank
25 Crunches
10 Jumping Jacks
25 Lunges
45 sec Wall Sit
35 Sit ups
20 Butt Kicks
10 Push ups

Sat/Sun

REST

Wednesday

15 Squats
40 Second Plank
30 Crunches
50 Jumping Jacks
25 Lunges
35 sec Wall Sit
30 Sit ups
25 Butt Kicks
10 Push ups

Thursday

35 Squats
30 sec Plank
20 Crunches
25 Jumping Jacks
15 Lunges
60 sec Wall Sit
55 Sit ups
35 Butt Kicks
20 Push ups

Friday

25 Squats
60 sec Plank
30 Crunches
55 Jumping Jacks
60 Lunges
45 sec Wall Sit
40 Sit ups
50 Butt Kicks
30 Push ups

There are three variations of the dumbbell bench press; flat, incline, and decline. If you do the flat bench press, then doing an incline dumbbell press helps you build a defined breast. So you can incorporate this exercise into a female gym workout plan. Step 1: Lie down on an incline bench (30-degree), holding a pair of dumbbells with your hands wider than shoulder-width. Hold the dumbbells at your sides at chest level.

PRINTABLE WORKOUT

At Home Workout for


Beginners



Jumping Jacks / Star Jumps
40 reps



Bodyweight Squat
2 sets / 20 reps



Bodyweight Walking Lunge
2 sets / 8 reps



Crunches
2 sets / 15 reps




Modified / Knee Push-up
2 sets / 15 reps



Alternate Heel Touchers /
Lying Oblique Reach
2 sets / 20 reps



Plank
2 sets / 30 secs



Fire Hydrants / Abductor
Knee Raise
2 sets / 25 reps



Bird Dogs / Alternating
Reach & Kickback
2 sets / 20 reps



Dead Bug



Lying Side Leg Lift
2 sets / 30 reps



Side Plank
2 sets / 25 secs

WL

Create, print and share custom illustrated workouts, FREE at WorkoutLabs.com

Keep your feet flat on the ground.

10 WEEK NO-GYM HOME WORKOUT PLAN

Monday

15 Squats

30 sec Plank

25 Crunches

10 Jumping Jacks

25 Lunges

45 sec Wall Sit

35 Sit ups

20 Butt Kicks

10 Push ups

Tuesday

30 Squats

30 sec Plank

20 Crunches

40 Jumping Jacks

15 Lunges

60 sec Wall Sit

55 Sit ups

35 Butt Kicks

25 Push ups

Wednesday

25 Squats

15 sec Plank

25 Crunches

35 Jumping Jacks

15 Lunges

25 sec Wall Sit

10 Sit ups

10 Butt Kicks

20 Push ups

Sat/Sun

REST

Thursday

20 Squats

40 Second Plank

30 Crunches

50 Jumping Jacks

25 Lunges

35 sec Wall Sit

30 Sit ups

25 Butt Kicks

15 Push ups

Friday

35 Squats

60 sec Plank

30 Crunches

55 Jumping Jacks

60 Lunges

45 sec Wall Sit

40 Sit ups

50 Butt Kicks

15 Push ups

Cardio (by week)

• 30 second sprint, 30 second jog (x5)

• 35 second sprint, 45 second jog (x6)

• 45 second sprint, 60 second jog (x7)

• 50 second sprint, 45 second jog (x8)

• 55 second sprint, 30 second jog (x7)

• 80 second sprint, 45 second jog (x6)

• 65 second sprint, 45 second jog (x7)

• 70 second sprint, 60 second jog (x5)

• 80 second sprint, 45 second jog (x6)

• 85 second sprint, 30 second jog (x7)

Step 2: Brace your core, inhale and start pressing the weight upward until your arms being fully extended. Hold a second at the top and return your arms to the starting position, then exhale. That's one rep.Recommended Sets and Reps: 10*3 The overhead shoulder is one of the best exercises for the upper body muscles gain. The overhead press increases the strength and the size of the shoulder muscles. Standing Overhead PressYour core and tricep also engage during the overhead press. It has different variations as well, such as standing overhead press, seated overhead press; smith machine overhead press; front overhead press, and back overhead press. However, the front overhead press is considered the most effective one. Step 1: Sit on a bench with back support; holding a barbell with your hands wider than shoulder-width at your shoulder height.Keep your elbows bend at your sides and hold the barbell close to your shoulder. Step 2: Keep your back straight and chest up and start raising the barbell over your head until your arms being fully straight. Hold for a moment at the top and lower the weight back to the initial position. That's one rep! Recommended Sets and Reps: 10*3 The lateral dumbbell raises work on your lateral delts and helps you strengthen and build shoulder muscles. How to do dumbbell lateral raise workout to gain weight for femalesHolding one dumbbell in each hand stand upright in the shoulder-width stance.Keep your arms straight at your sides with your palms are facing your body. That's the start.Now, raise the dumbbells out to the sides until arms are parallel to the floor.Pause for a second then return lower the dumbbell to the start. That's one rep!Do 3 sets of 10 reps each with 2-3 minutes rest between the sets.You can also do this movement while sitting on a bench.Perform each rep slowly and in controlled fashion without keeping your body lose during the entire movement. The triceps dip is one of the best bodyweight workouts you can do to strengthen your arms, especially the rear part. To do triceps dip, you only need a bench, chair, or box. female gym workout for weight gainSit on the edge of a flat bench with your arms are straight beside your hips and feet flat on the ground.Firmly grip the edge of the bench with your palms are facing down.Spread your legs in front of you, heels touching the ground, and toes pointing toward the ceiling. That's the start.Bend your elbows and lower your body as deep as you can. And then press back until your arms are fully straight. That's one rep.Make sure your elbows tucked at your sides so that they don't flare outward.Focus on squeezing your triceps during the entire movement.Do 3 sets of 10-12 reps each with 2-3 minutes rest between the sets. The rope pushdown can help you develop and strengthen your triceps. You can also do pushdown exercises with a straight bar, EZ bar, or triangle bar. rope pushdown Set the rope to the higher section of the cable machine.Set the desired weight according to your strength.Grab the rope firmly and stand upright in the shoulder-width stance.Slightly lean your torso forward, and hold the rope at your chest level. That's the start.Now, squeezing your triceps muscle, push the rope down until your arms are fully straight.Hold for a moment and then return your arms to the start. That's one rep.You can do 3 sets of 10 to 12 reps each with 2-3 minutes rest. The bent-over row is a must-do exercise for the upper body muscles gain.

It works on the shoulders, arms, hips, and especially the back. The bent-over row has different forms and variations such as barbell bent-over row, dumbbell bent-over row; wide grip and short grip barbell bent-over row, etc. It can be one of the important gym exercises to gain weight for females. Step 1: Stand with your feet hip-width apart, holding a barbell with your hands a bit wider than shoulder-width with an underhand grip. Slightly bent your knees and let the bar hangs below your chest by extending your arms. That's the starting position. Step 2: Keep your back straight, chest up and brace your core; start raising the bar upward until it touches your abdomen. Hold for a second and then lower the bar to the starting position. That's one rep! Recommended Sets and Reps: 10*3 The Renegade Row is a compound exercise that works on the chest, triceps, back, and shoulders simultaneously. It helps you increase strength, gain, balance, and improve overall body posture. Incorporating renegade row exercise may help females gain weight and build muscle.

Step 1: Be in the push-up position with the dumbbells in your hands beneath your shoulders. Keep shoulder-width apart distance between your feet. To start the exercise. do a full push-up. Don't rotate your hips during the movement. Step 2: After the push-up, row one dumbbell at your sides towards your hip while pushing the other dumbbell. Slowly lower the dumbbell back to the starting position. Repeat on the opposite side. That's one rep. Recommended Sets and Reps: 10*3.

Perform slowly with lighter weight. Also Read: Weighted Push Ups: Variations, How-To & Benefits Dumbbell rowing is a free weight exercise that targets your shoulders, arms, and especially back. This will help you build a strong back and better posture. dumbbell rowingTo perform the dumbbell rowing you need a bench and dumbbells. You can do both incline and flat dumbbell rowing exercises because both are good for muscle and weight gain in females. Step 1: Grab a dumbbell in any of your hands; place your other side's knee and hand on a flat bench. Keep your other feet on the ground.Hang your arm extended below your shoulder. That's your starting position. Step 2: Start rowing the dumbbell out to the side until being reached at abdomen level. Hold for a second, then slowly lower the dumbbells to the starting position. That's one rep! Recommended Sets and Reps: 10*3. The cable rowing especially works on the back. It helps you build a defined back and also improves spinal cord bone density. weight training exercise to gain for female Step 1: Set your desired weight on the weight stack and attach the handle to the seated row machine. Position yourself on a flat bench and grasp the handle with a neutral grip your arms fully extended, palms facing each other. Step 2: Keep your back straight, your feet flat on the ground, and your knees under the pad. Start rowing toward your stomach by pulling your shoulder blades back. Hold for a second and then slowly let the weight return until your arms extended. That's one rep! Recommended Sets and Reps: 10*3 The pull-down is a back workout that works primarily on the latissimus dorsi. Whether you're a beginner or intermediate, you can include pulldown exercise to build your back muscle. Strengthening your back also protects you from low back injuries, and improves your posture. workout to gain weight fast for femalesThe pull-down has several variations from the short grip and wide grip to overhand and underhand grip to front and rear pulldown. However, the front medium grip lat pulldown is considered the effective than others. Sit on a bench attach to the lat pull-down machine, place your feet flat on the floor and adjust your knees under the pad.Grab the bar firmly with an overhand grip, hands wider than shoulder-width apart and palms facing downward.Keep your chest up, abdominal muscles tight and arms fully straight. That's the start.Now, pull the bar down until it comes a few inches off the floor.Pause for a couple of second, squeeze your back and then return the bar slowly to the starting position by extending your arms completely. That's one rep!Do 3 sets of 10 to 12 reps each with 2-3 minutes gap between each set.The pulldown exercises help you gain weight in both males or females. The cable biceps curl works on bicep muscles and helps you build strong and toned arms. Set the rack to the lower section of the cable machine and attach the bar (straight or EZ).Set your desired weight according to your strength.Grab the bar firmly with an underhand grip, hands hip width apart.Stand straight 10 to 12 inches away from the machine.Slightly lean your torso backward, keep your arms straight and elbows tucked at your sides. That's the start.Curl your arms toward your shoulder until you feel the contraction in your bicep muscles.Pause for a moment and then extend your arms to return to the start. That's one rep.You can do 3 sets of 10 to 12 reps each with 2-3 minutes rest. I've shared the 6 best workouts that will help females build strong and amusing lower bodies. The exercises are squat, deadlift, leg press, lunges, hip thrust, and hamstring curl. Related: An Ultimate Guide To The Dumbbell Leg Exercises These workouts work on the glutes, hamstring, quadriceps, hips, lower back, and calves. female gym workout to gain weightThe squat is an important lower-body muscles growth workout. It doesn't only tone your leg muscles but also helps you get stronger, attractive, and bigger legs. The squats have different forms such as; bodyweight squats, dumbbell squats, barbell squats, smith machine squats, sumo squats, etc.

Stand with your feet about hip-width apart, keeping your hands behind your head or at chest level. Brace your core, push your hips back when bending your knees. Make sure chest and shoulders stay upright and back stays straight. Get low as down as possible; Hold for a second at the down and then slowly stand straight to the starting position by extending your knees. That's one rep! Recommended Sets and Reps: 10*3.

Try focusing on the thigh while getting low. The deadlifts are known as the king of the workout because of their benefits.

A conventional deadlift alone targets many muscles at once such as; hamstring, quadriceps, back, arms shoulder, and glutes.

weight gain workout for femaleDeadlifts have a myriad of health benefits such as they increase muscle growth; strengthen muscles and joints; increase lifting capacity; enhance endurance, improve heart health and build an overall stronger physique. The deadlifts are one of those exercises which help females to gain weight gain faster.

Step 1: Stand with your feet hip-width apart, bend your knees and hips just enough to reach and grab onto the bar.

Grip the bar to the shoulder width. Keep your arms straight. Your palms should face your body. Your hand must be equally far from the ends of the barbell. Step 2: Raise your hips and shoulders at the same range while maintaining a straight back.

Keep your core tight during the whole lift. Take a long breath and lift the bar with full strength. Hold for a second and lower the weight back to the return starting position. That's one rep! Recommended Sets and Reps: 10*3. You can also do several types of deadlifts with dumbbells. The machine leg press is one of the best exercises for lower body muscles growth. It targets the quadriceps and other muscles of the legs. The leg press strengthens muscles and joints and helps in muscle growth. There are two variations of the machine leg press; one is the horizontal leg press machine and the other one is the recline seated 45-degree angle leg press; that can be done by pressing the legs upward in a diagonal direction. Both are useful for the growth of the quadriceps, hamstrings, and gluteus. It is one of the safest and effective exercises to gain weight for all including females. Sit down on a recline leg press machine with back support. Place your feet flat on the footplate about hip-width apart. Make sure your legs form an angle of about 90 degrees at the knees and your knees must be in line with your foot. Grab the supporting handle (built at the sides of the machine) for the sturdy position. That's your starting position. Brace your core and push the weight away by using your leg's power, while keeping your heels remain flat on the footplate. Hold up there for a second and then slowly return to the beginning. That's one rep! Recommended Sets and Reps: 10*3. Make sure your back remains on the pad and you only using legs power to perform this workout. The Lunges help you strengthen and build a strong lower body. Studies suggested doing lunges can be useful for improving hamstring strength and running speed. Whether you're a beginner or intermediate, you can incorporate lunges in your weight gain workout routine. Step 1: Stand straight with your feet about shoulder-width; holding a pair of dumbbells at your sides with arms fully extended. Brace your core and take a big step forward with your right leg by bending both knees at 90 degrees and your front thigh is parallel to the floor. Step 2: Step forward with your other leg to bring both feet together. Hold the dumbbells close to your body. Repeat the movement with your opposite leg by moving forward. Recommended Sets and Reps: 10*3. Keep your chest up, back straight and your core and glutes engaged during the movement. Exercises To Gain Weight Fast For FemalesSet the bar to an appropriate height and weight according to your strength.Attach a thick squat sponge to the centre of the bar and place a bench under it.Place your upper back on the bench with your feet flat on the floor in front of you, shoulder-width apart, knees bent to 90 degree so your chest and knees are in line.Put a balance pad on your hip for extra safety.Grab the bar with an overhand grip, hands slightly wider than shoulder width apart. And the put the bar on your hips. That's the start. Keeping your core tight, thrust the bar upward as high and fast as you can. Once you reach your top, hold for a couple of seconds before lowering your hips to the start.Focus on squeezing your glutes during the entire movement.Do as many reps and sets as you can. Exercises To Gain Weight For FemalesSit on the seated leg curl machine with your back rested on back pad.Adjust the machine so the back of your lower leg (below your calves) rested on padded lever and your thigh stays under the lap pad.Grab the handles firmly and pull the level machine so your hamstrings engaged.Once you feel your hamstring contracted fully, return to the start.Repeat for the desired number of repetitions.When you don't have gym access, you can also do hamstring curl with a dumbbell. Core strength is of utmost importance for the upper body muscles development. A strong core helps you lift more weight and improve your overall performance. For strengthening the core, there are many exercises such as sit-ups, planks, Russian twists, mountain climbers, etc. Related: The 15-Minute HIIT Core Workout And Exercises Here are the two important core exercises you can do incorporate into your routine. Planks are for all, whether you're underweight or overweight; male or female; beginner or experienced, planks are for all. The reason behind is that they are core strengthening exercise and works on several muscles at once such abs, lower back, arms, and hips. A forearm plank helps you build strong abdominal muscles. It has also several forms but for you, I would recommend forearm plank once or twice a week. Step 1: Get into a pushup position with your forearms flat on the ground beneath your shoulders. Step 2: Keep your body straight, brace your core and be in the same position for as long as you can.

The side plank works more on the side stomach-like obliques and strengthens the oblique. You can do side plank along with other exercises at least once or twice a weak. The side plank also helps you tone muscles and build attractive obliques. Step 1: Hold your body at your side in a straight position supported by only one arm. Keep your both legs on the side just above the ground Step 2: Brace your core and keep your body tight and be in the same position for 15 seconds for each side. I've created a sample of a 6-day gym workout plan that may help females gain weight This isn't a weekly routine, you'll need to complete the total 6-day routine and then repeat. For example, if you take a rest after every 2 days then on the fourth day you'll do the workouts of day 3.

The rest day depends on you. Routine Type: Push/Pull/Legs. Duration: 60 Minutes, Rest Between Each Set: 2-3 Minutes ExerciseReps & SetsBench Press12, 10, 8 repsIncline Dumbbell Press12, 10, 8 repsOverhead Press10 reps x 3 setsLateral Raise8 reps x 3 setsPushup10 reps x 2 setsRope Pushdown10 reps x 3 setsTricep Dips10 reps x 3 setsFemale Gym Workout Plan To Gain Weight ExerciseReps & SetsLat Pulldown12, 10, 8 repsBarbell Bent Over Row12, 10, 8 repsSingle-arm DB Rowing10 reps x 3 setsSeated Cable Rowing10 reps x 3 setsCable Bicep Curl12, 10, 8 repsPreacher Curl12, 10, 8 repsWrist Curl10 reps x 3 setsWeight Gain Gym Workout Plan For Female ExerciseReps & SetsDeadlift AMRAPSquat15, 12, 10 RepsLeg Press15, 12, 10 RepsLeg Extension15, 12, 10 RepsCalves Raise15, 12, 10 RepsForearm Plank30-60 SecondsSide Plank30 Seconds each sideworkout plan to gain weight for females WorkoutSets and RepsIncline Machine Chest Press12, 10, 8 repsDumbbell Pullover10, 8, 6 repsDumbbell Front Raise10, 8, 6 repsUpright Row10, 8, 6 repsShrug10, 8, 6 repsTricep Dip12, 10, 8 repsTriangle Pushup10 Reps x 2 SetsFemale Gym Workout Plan To Gain Weight ExerciseReps and SetsPullupsAMRAPLat Pulldown12, 10, 8 repsSeated Cable Rowing12, 10, 8 repsFace Pull12, 10, 8 repsDB Concentration Curl12, 10, 8 repsDumbbell Incline Curl12, 10, 8 repsPalms Down Wrist Curl12, 10, 8 repsWeight Gain Gym Workout Plan For Women ExerciseSets and RepsBarbell Lunges12, 10, 8 repsDumbbell Romain DeadliftAMRAPHamstring Curl12, 10, 8 repsBulgarian Split Squat12, 10, 8 repsBarbell Hip Thrust12, 10, 8 repsSide Hip Raise12, 10, 8 repsForearm Plank30-60 SecondsSide Plank30 Secondseach sideweight gain routine for female Gym-Workout-Plan-To-Gain-Weight-For-FemalesDownload Related: 6 Day Gym Workout Schedule With PDF Some females think that workouts make them bulky; normally bulky means fatty. Usually, women have lower levels of testosterone (the hormone which is responsible for muscle growth) than men and that's the reason, it's next to impossible that lifting weights make female bulky- an article published by WebMD suggested. Workouts either help you lose weight or build muscles but not in any way they increase your body fats and make you bulky. In case, if you face any problem during or after the workout then consult your trainer because he'll better assess your fitness and advise you on exercises accordingly. And if any problems with the diet you need to consult with your physician or dietician.

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