

# Women's Beginner Program

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## MONDAY

*BB = barbell, DB = dumbbell*

EXERCISE	SETS	REPS	TEMPO
Leg Extensions	3	20	2/2
Barbell Squats	4	8-10	2/2
Romanian Deadlifts (BB or DB)	3	8-10	2/2
Leg Press	3	8-10	2/2
Hip Thrusts (BB or DB)	3	8-10	2/2
Bulgarian Split Squats	3	12	2/2

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## TUESDAY

EXERCISE	SETS	REPS	TEMPO
Dumbbell Shoulder Press	4	8-10	2/2
Seated Rows	3	8-10	2/2
Lat-Pulldowns	3	8-10	2/2
Dumbbell Lateral Raises	3	10-12	2/2
Dumbbell Curls	3	8-10	2/2
Bench Dips	3	8-10	2/2

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## THURSDAY

EXERCISE	SETS	REPS	TEMPO
Leg Extensions	4	20	2/2
Barbell Squats	4	8-10	2/2
Sumo Squats	4	8-10	2/2
Hip Thrusts	4	8-10	2/2
Dumbbell Lunges	3	12	2/2
Abductor Machine	3	12	2/2

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## FRIDAY

EXERCISE	SETS	REPS	TEMPO
Barbell Deadlifts	4	6-8	2/2
Lat-Pull Downs	3	8-10	2/2
Seated Rows	3	8-10	2/2
Dumbbell Lateral Raises	3	10-12	2/2
Dumbbell Curls	3	8-10	2/2
Tri-cep Push Downs	3	8-10	2/2