



Thrive: Female
Muscle Building
Program

Day 1 – Back

- 2 x 8 Barbell Shrug
- 2 x 8 Dumbbell Raise
- 3 x 8 Deadlift
- 2 x 8 Bent Over-Rows
- 3 x 6 Pull-Ups

Day 2 - Chest

- 2 x 6 Bench Press
- 2 x 8 Pec Flys
- 2 x 6 Incline Bench
- 2 x 8 Decline Dumbbell Bench Press

Day 3 - Legs

- 3 x 8 Barbell Squat
- 2 x 8 Leg Extension
- 2 x 8 Dumbbell Lunges
- 3 x 8 Front Squats

Day 4 – Arms And Shoulders

- 3 x 8 Military Press
- 2 x 8 EZ Bar Bicep Curls
- 2 x 8 Overhead Tricep Extensions
- 3 x 8 Chin-Ups

Second 2 Weeks

*This phase focuses on volume to induce **hypertrophy**. Ensure you're lifting a weight that leaves you fatigued by the end of each set.*

Day 1 – Back

- 2 x 12 Barbell Shrug
- 2 x 12 Dumbbell Raise
- 3 x 10 Deadlift
- 2 x 12 Bent Over-Rows
- 3 x 10 Pull Ups

Day 2 – Chest

- 3 x 10 Bench Press
- 2 x 12 Pec Flys
- 3 x 10 Incline Bench
- 2 x 12 Decline Dumbbell Bench Press

Day 3 - Legs

- 3 x 10 Barbell Squat
- 2 x 12 Leg Extension
- 2 x 12 Dumbbell Lunges
- 3 x 12 Front Squats
- 2 x 12 Seated Leg Curls

Day 4 – Arms And Shoulders

- 3 x 12 Military Press
- 2 x 12 EZ Bar Bicep Curls
- 2 x 12 Overhead Tricep Extensions
- 2 x 12 Dumbbell Shrugs
- 3 x 10 Chin-Ups

By running this program over the course of a few months, you should start to see great results. Ensure your protein intake is high, as your body can only build muscle in the presence amino acids.