

# With Gym:- (Womens)

## Beginner level:-

### For All Days:- (week)

#### Warm-Up: 5-7 minutes

- Perform light cardio (treadmill, stationary bike) and dynamic stretches to warm up your muscles.

#### 1. **Leg Press Machine** (3 sets of 12 reps)

- Sit on the leg press machine, place your feet hip-width apart on the platform, and press the weight away.

#### 2. **Lat Pulldown Machine** (3 sets of 12 reps)

- Sit at the lat pulldown machine, grip the bar wider than shoulder-width, and pull the bar down towards your chest.

#### 3. **Chest Press Machine** (3 sets of 12 reps)

- Sit on the chest press machine, grip the handles at chest level, and push the handles forward.

#### 4. **Seated Row Machine** (3 sets of 12 reps)

- Sit at the seated row machine, grip the handles, and pull them towards your torso while squeezing your shoulder blades.

#### 5. **Dumbbell Goblet Squats** (3 sets of 10 reps)

- Hold a dumbbell vertically close to your chest and perform squats, focusing on proper form and balance.

#### 6. **Dumbbell Shoulder Press** (3 sets of 10 reps)

- Sit on a bench or stand, hold a dumbbell in each hand at shoulder height, and press the dumbbells overhead.

#### 7. **Dumbbell Bent-Over Rows** (3 sets of 12 reps)

- Hold a dumbbell in each hand, hinge at the hips, and pull the dumbbells towards your hips while squeezing your shoulder blades.

#### 8. **Assisted Pull-Up Machine** (3 sets of 8 reps)

- Adjust the machine to assist you, grip the handles, and perform pull-ups, engaging your back muscles.

#### 9. **Plank** (3 sets of 20-30 seconds)

- Start in a push-up position on your forearms, keeping your body in a straight line.

#### 10. **Cool Down: 5-7 minutes**

- Perform static stretches for each major muscle group, holding each stretch for 15-30 seconds.

## Intermediate level:-

### For All Days:- (week)

#### Warm-Up: 5-7 minutes

- Perform light cardio (treadmill, stationary bike) and dynamic stretches to warm up your muscles.

#### 1. **Barbell Squats** (4 sets of 10 reps)

- Load a barbell on your upper back and shoulders.
- Perform squats, focusing on maintaining proper form and depth.

#### 2. **Lat Pulldown Machine** (4 sets of 10 reps)

- Sit at the lat pulldown machine, grip the bar wider than shoulder-width, and pull the bar down towards your chest.

#### 3. **Dumbbell Bench Press** (4 sets of 10 reps)

- Lie on a bench, hold a dumbbell in each hand at chest level, and press the dumbbells up.

#### 4. **Seated Row Machine** (4 sets of 12 reps)

- Sit at the seated row machine, grip the handles, and pull them towards your torso while squeezing your shoulder blades.

#### 5. **Dumbbell Lunges** (4 sets of 12 reps each leg)

- Hold a dumbbell in each hand, step one leg back into a lunge, and push back to the starting position.
- Alternate legs for each rep.

#### 6. **Dumbbell Shoulder Press** (4 sets of 10 reps)

- Sit on a bench or stand, hold a dumbbell in each hand at shoulder height, and press the dumbbells overhead.

#### 7. **Barbell Hip Thrusts** (4 sets of 12 reps)

- Sit on the floor with your upper back against a bench, place a barbell over your hips, and lift your hips towards the ceiling.

#### 8. **Assisted Pull-Up Machine** (4 sets of 8 reps)

- Adjust the machine to assist you, grip the handles, and perform pull-ups, engaging your back muscles.

#### 9. **Plank with Leg Lift** (4 sets of 10 reps each leg)

- Start in a plank position on your forearms, lift one leg towards the ceiling, then lower it back down.

#### 10. **Cool Down: 5-7 minutes**

- Perform static stretches for each major muscle group, holding each stretch for 15-30 seconds.

## Advanced level:-

### For All Days:- (week)

#### Warm-Up: 5-7 minutes

- Perform light cardio (treadmill, stationary bike) and dynamic stretches to warm up your muscles.

#### 1. **Barbell Squats** (5 sets of 8 reps)

- Load a barbell on your upper back and shoulders.
- Perform squats, focusing on maintaining proper form and depth.

#### 2. **Pull-Ups or Assisted Pull-Up Machine** (5 sets of 6-8 reps)

- Perform pull-ups, using an assisted pull-up machine if needed, engaging your back muscles.

#### 3. **Barbell Deadlifts** (5 sets of 6 reps)

- Load a barbell in front of you, hinge at the hips, and lift the barbell off the ground with a straight back.

#### 4. **Barbell Bench Press** (5 sets of 8 reps)

- Lie on a bench, grip a barbell slightly wider than shoulder-width, and perform bench presses.

#### 5. **Dumbbell Romanian Deadlifts** (5 sets of 10 reps)

- Hold a dumbbell in each hand in front of your thighs.
- Hinge at the hips while keeping your back straight and lower the dumbbells towards the ground.

#### 6. **Dumbbell Shoulder Press** (5 sets of 8 reps)

- Sit on a bench or stand, hold a dumbbell in each hand at shoulder height, and press the dumbbells overhead.

#### 7. **Cable Rows** (5 sets of 10 reps)

- Use a cable machine with a V-bar attachment, sit down, and pull the bar towards your torso while squeezing your shoulder blades.

#### 8. **Dumbbell Bulgarian Split Squats** (5 sets of 10 reps each leg)

- Hold a dumbbell in each hand, with one foot elevated behind you.
- Lower your back knee towards the ground while keeping your front knee aligned.

9. **Barbell Hip Thrusts** (5 sets of 12 reps)

- Sit on the floor with your upper back against a bench, place a barbell over your hips, and lift your hips towards the ceiling.

10. **Cool Down: 5-7 minutes**

- Perform static stretches for each major muscle group, holding each stretch for 15-30 seconds.