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12 WEEK WOMEN'S WORKOUT PROGRAM

This 12 week women's specific training program is perfect for any healthy woman who is looking to transform her body through a good weight lifting program.

Link to Workout: <https://www.muscleandstrength.com/workouts/muscle-and-strength-womens-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 5 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar

Author: Team Muscle & Strength



Day 1 - Legs & Glutes

Exercise	Sets	Reps
Legs		
1. Squat	3-4	8-12
2. Dumbbell Lunges	2-3	10-15
3. Dumbbell Step-Up	2-3	10-15
Glutes		
4. Seated Hip Thrust	3	8-12
5. Glute Cable Kickback	2-3	10-15
Cardio		
15 Min of HIIT on Treadmill at a 10-15% Incline		

Day 2 - Back & Arms

Exercise	Sets	Reps
Back		
1. Flat Backs	3-4	8-12
2. One Arm Dumbbell Row	2-3	10-15
3. Seated Cable Row	2-3	10-15
Arms		
4a. Dumbbell Curl	3	10
4b. One Arm Dumbbell Extension	3	10
5a. Cable Curl	3	10
5b. Cable Tricep Extension	3	10
Cardio		
20 Min of Moderate Intensity on Treadmill		

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12 WEEK WOMEN'S WORKOUT PROGRAM

How to use: Always perform training program in order. For best results, perform each exercise in the order listed. If you are unsure of the correct form, please refer to the video guide.

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Day 3 - Legs & Glutes

Exercise	Sets	Reps
Legs		
1. Goblet Squat	3-4	8-12
2. Romanian Deadlift	2-3	10-15
3. Dumbbell Split Squat	2-3	10-15
Glutes		
4. Glute Machine Glute Bridge (Glute Push)	3	8-12
5. Glute Kick Back	3	10
Cardio		
10 Min of Low Intensity on Treadmill at a 10-15% Incline		

Day 4 - Chest & Shoulders

Exercise	Sets	Reps
Chest		
1. Dumbbell Bench Press	3-4	8-12
2. Incline Dumbbell Press	2-3	10-15
3. Machine Chest Fly	2-3	10-15
Shoulders		
4. Seated Dumbbell Press	3-4	8-12
5. Lateral Press	2-3	10-15
Cardio		
10 Min of HIIT on Power or Stationary Bike		

Day 5 - Legs & Arms

Exercise	Sets	Reps
Legs		
1. Squat	3-4	8-12
2. Glute Bridge	2-3	10-15
3. Leg Extension	2-3	10-15
Arms		
4. Incline Dumbbell Curl	3	10
5. Incline Dumbbell Tricep	3	10
Cardio		
20 Min of Moderate Intensity on Treadmill		

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Day 1 - Chest & Shoulders

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Chest		
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2. Incline Dumbbell Press	2-3	10-15
3. Machine Chest Fly	2-3	10-15
Shoulders		
4. Seated Dumbbell Press	3-4	8-12
5. Lateral Press	2-3	10-15
Cardio		
10 Min of HIIT on Power or Stationary Bike		

Day 5 - Legs & Arms

Exercise	Sets	Reps
Legs		
1. Squat	3-4	8-12
2. Glute Bridge	2-3	10-15
3. Leg Extension	2-3	10-15
Arms		
4. Incline Dumbbell Curl	3	10
5. Incline Dumbbell Tricep	3	10
Cardio		
20 Min of Moderate Intensity on Treadmill		

Weekend - Light Activity (Recovery Walks)

Exercise	Sets	Reps
Optional Mile		
1. Walk	3	20-30 Mins
2. Light Jog or Run	3	10
3. Squat	3	10
4. Side Crunches	3	10-15 Mins

Bikini Competition 12 Week Training Guide

Judd E. Hollander



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