

# WOMEN'S MUSCLE-BUILDING WORKOUT

with Dumbbells

\*Increase weight in Week 3

WEEK 1	WEEK 2	WEEK 3*	WEEK 4
3 Sets of each exercise	3 Sets of each exercise	4 Sets of each exercise	4 Sets of each exercise
<b>Day 1</b> 10 Push-ups 10 Shoulder press 10 Dumbbell rows 30-second planks	<b>Day 1</b> 10 Chest Press 10 Shoulder press 10 Dumbbell rows 30-second planks	<b>Day 1</b> 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks	<b>Day 1</b> 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks
<b>Day 2</b> 10 Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	<b>Day 2</b> 10 Goblet squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	<b>Day 2</b> 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts	<b>Day 2</b> 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts
<b>Day 3</b> Cardio 30-second side planks	<b>Day 3</b> Cardio 30-second planks 30-second flutter kicks	<b>Day 3</b> Cardio 30-second planks 30-second reverse crunches	<b>Day 3</b> Cardio 30-second planks 30-second reverse crunches
<b>Day 4</b> REST	<b>Day 4</b> REST	<b>Day 4</b> REST	<b>Day 4</b> REST
<b>Day 5</b> 10 Push-ups 10 Shoulder press 10 Dumbbell rows 10 Chest press	<b>Day 5</b> 10 Push-ups 10 Shoulder press 10 Dumbbell rows 10 Chest press	<b>Day 5</b> 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks	<b>Day 5</b> 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks
<b>Day 6</b> 10 Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	<b>Day 6</b> 10 Goblet Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	<b>Day 6</b> 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts	<b>Day 6</b> 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts
<b>Day 7</b> Cardio 30-second planks	<b>Day 7</b> Cardio 30-second planks	<b>Day 7</b> Cardio 45-second planks	<b>Day 7</b> Cardio 45-second planks

# How To Home Workout Explained

**AW Chickering**



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