

Workout for a Perfect Body

Monday - Legs & Shoulders

Hebilet Box Squats: 2-3 sets of 6-8 reps (2 mins rest)
Dumbbell Step ups: 2-3 sets of 6-8 reps per leg (2 mins rest)
Seated DB Shoulder Press: 2-3 sets of 6-10 reps (2 mins rest)
DB Lateral Raises: 2-3 sets of 8-12 reps (1 min rest)

Wednesday - Chest, Back & Rear Delts

Incline DB Bench Press: 2-3 sets of 6-10 reps (2 mins rest)
Lat Pull-Downs: 2-3 sets of 6-10 reps (2 mins rest)
Push up Variation: 2-3 sets of 5-10 reps (kneeling, regular or feet elevated variations) (2 mins rest)
Cable Rows: 2-3 sets of 6-10 reps (2 mins rest)
Rear Delt Flye Machine: 2-3 sets of 8-12 reps (1 min rest)

Friday - Legs & Arms

Sumo Deadlifts: 2-3 sets of 5-8 reps (2 mins rest)
Forward Lunges: 2-3 sets of 6-8 reps (2 mins rest)
Incline DB Curls: 2-3 sets of 6-10 reps (1-2 mins rest)
Cable Rope Push Downs: 2-3 sets of 6-10 reps (1-2 mins rest)

Notes

Perform 2 warmup sets for exercises 1 and 3 on Monday, 2 warmup sets for exercises 1 and 2 on Wednesday, and 2 warmup sets for exercises 1, 3 and 4 on Friday. When you can perform the top end of the rep range on your first set, increase the weight the next workout by the smallest increment (5 lbs). On your rest days you can go for a 30-60 minute walk or perform some yoga. The idea is low intensity exercise. As well, you can exercise your abs on rest days with exercises like lying leg raises and planks. Let's transition into some of the reasons why the workout above is perfect for women to achieve lean, tone bodies.

Kinobody Workout

Lei Huang



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