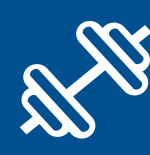




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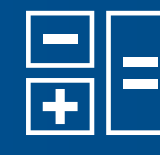
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WORKOUT ROUTINE FOR WOMEN: 5 DAY SAMPLE WOMEN'S WORKOUT

This workout is perfect for any woman looking to shape her physique through resistance training and prioritizes building the muscles of the glutes and legs.

Link to Workout: <https://www.muscleandstrength.com/workouts/5-day-workout-routine-for-women>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 5

Time Per Workout: 60-90 Mins

Equipment: Bands, Barbell, Bodyweight, Cables, Dumbbells, Machines, Other

Target Gender: Female

Author: [Josh England](#)

Women's Workout 1: Legs & Shoulder Workout

Exercise	Sets	Reps
Leg Press	3	6 - 8
Dumbbell Stiff Leg Deadlift	3	8 - 12
Step Ups	3	12 - 15 Each
Frog Pumps	2	30
Military Press	3	6
Reverse Fly	2	15

Women's Workout 2: Upper Body Workout

Exercise	Sets	Reps
Chin Ups	3	AMRAP*
Cable Row	3	8 - 12
Lateral Raise	3	8 - 12
Dumbbell Bench Press	3	8 - 12
Cable Bicep Curl	2	12
Cable Tricep Extension	2	12

*Use assistance (<6 total) or resistance (>15 total) if needed

Women's Workout 3: Glute Focused Workout

Exercise	Sets	Reps
Hip Thrust	3	5
Stiff Leg Deadlift	3	8
Hyperextension	3	15 - 20
Knee Banded Glute Bridge	3	30
Band Seated Hip Abduction	3	50

Women's Workout 4: Upper Body Workout

Exercise	Sets	Reps
Lat Pull Down	3	8 - 12
One Arm Dumbbell Row	3	6 - 8 Each
Machine Lateral Raise	3	12 - 15
Cable Fly	3	12 - 15
Dumbbell Curl	2	12
EZ Bar Overhead Extension	2	12

Women's Workout 5: Legs

Exercise	Sets	Reps
Trap Bar Deadlift	3	6 - 8
Leg Extension	3	8 - 12
Lying Leg Curl	3	8 - 12
Machine Hip Abduction	3	10 - 12
Bodyweight Glute Bridge	3	30