

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
Day 1 10 Push-ups 10 Shoulder press 10 Dumbbell rows 30-second planks	Day 1 10 Chest Press 10 Shoulder press 10 Dumbbell rows 30-second planks	Day 1 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks	Day 1 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks
Day 2 10 Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	Day 2 10 Goblet squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	Day 2 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts	Day 2 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts
Day 3 Cardio 30-second side planks	Day 3 Cardio 30-second planks 30-second flutter kicks	Day 3 Cardio 30-second planks 30-second reverse crunches	Day 3 Cardio 30-second planks 30-second reverse crunches
Day 4 REST	Day 4 REST	Day 4 REST	Day 4 REST
Day 5 10 Push-ups 10 Shoulder press 10 Dumbbell rows 10 Chest press	Day 5 10 Push-ups 10 Shoulder press 10 Dumbbell rows 10 Chest press	Day 5 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks	Day 5 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks
Day 6 10 Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	Day 6 10 Goblet Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	Day 6 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts	Day 6 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts
Day 7 Cardio 30-second planks	Day 7 Cardio 30-second planks	Day 7 Cardio 45-second planks	Day 7 Cardio 45-second planks

Womens Program Builder

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Womens Program Builder:

Reviewing **Womens Program Builder**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Womens Program Builder**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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