

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

S Marginson



Womens Program Builder:

Whispering the Techniques of Language: An Mental Journey through **Womens Program Builder**

In a digitally-driven earth wherever monitors reign great and immediate transmission drowns out the subtleties of language, the profound techniques and emotional nuances hidden within phrases often get unheard. However, located within the pages of **Womens Program Builder** a interesting literary prize pulsing with organic emotions, lies an extraordinary quest waiting to be undertaken. Composed by an experienced wordsmith, that marvelous opus invites visitors on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the material of every word. Within the emotional depths of this moving evaluation, we will embark upon a heartfelt exploration of the book is primary styles, dissect their captivating writing model, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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