



# **WOMEN'S HOME WORKOUT PLAN PDF**

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## 1 Week PPL A/B Format

	Exercise	Muscles	Equipment Options	Set 1	Set 2	Set 3	Set 4
Day 1: Push Day A	Chest Press	Pecs, Anterior Delts, Triceps	Dumbbells	15 to 20	10 to 12	8 to 10	8 to 10
	High Incline Chest Press	Anterior Delts, Pecs, Triceps	Dumbbells	15 to 20	10 to 12	8 to 10	8 to 10
	Close Grip Chest Press	Anterior Delts, Clavicular Pecs	Dumbbells, Adjustable Bench	15 to 20	10 to 12	8 to 10	8 to 10
	Cable Crossover or Decline Cable Press, Bilateral or Single Side, kneeling	Triceps	Flat Bench	15 to 20	10 to 12	8 to 10	8 to 10
Day 2: Pull Day A	Dumbbell Hammer Curls or Palms-up Curls	Biceps, Brachialis, Brachio-radialis (muscles around the elbow)	Dumbbells	15 to 20	10 to 12	8 to 10	8 to 10
	TRX Rows	Lats, Posterior Delts, Teres Major, Mid and Lower Traps	TRX	15 to 20	10 to 12	8 to 10	8 to 10
	Rear Deltoid Flyes	Posterior Delts	Dumbbells	15 to 20	10 to 12	10 to 12	10 to 12
	Chest Supported Dumbbell Rows	Lats, Posterior Delts, Teres Major, Mid and Lower Traps	Dumbbells and Incline Bench	15 to 20	10 to 12	8 to 10	8 to 10
Day 3: Leg Day A	Heel Elevated Squats, Goblet or At Sides	Quads, Glutes, Adductors	Dumbbells	15 to 20	10 to 12	8 to 10	8 to 10
	Romanian Deadlifts (RDLs), Biped or Single-Leg B-Stance	Glutes, Hamstrings, Adductors, Spinus Erectors	Dumbbells	15 to 20	10 to 12	8 to 10	8 to 10
	Reverse Lunges	Glutes, Hamstrings, Adductors	Dumbbells	15 to 20	10 to 15	8 to 10	8 to 10
	Calf Raises	Gastrocnemius, Soleus	Dumbbells from a Step	15 to 20	15 to 20	15 to 20	15 to 20
Day 4	REST						

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<b>Day 5: Push Day B</b>	DB Pullovers	Pecs, Sterno-costal division	Single Dumbbell	15 to 20	10 to 12	8 to 10	8 to 10
	Low incline DB Chest Presses	Pecs, Anterior Delts	Dumbbells, Adjustable Bench	15 to 20	10 to 12	8 to 10	8 to 10
	Lateral Raises, Face forward on high incline bench, arms slightly to the front (scaption, 15-20 degrees)	Middle Delts	Dumbbells	15 to 20	10 to 12	8 to 10	8 to 10
	TRX Triceps Extensions	Triceps	TRX	15 to 20	10 to 12	8 to 10	8 to 10
<b>Day 6: Pull Day B</b>	Biceps Curls	Biceps, Brachialis, Brachio-radialis (muscles around the elbow)	Standing or Seated on Bench	15 to 20	10 to 12	8 to 10	8 to 10
	Dumbbell Rows	Lats, Mid and Lower Traps, Posterior Shoulder	Dumbbells, Adjustable Bench	10 to 12	10 to 12	8 to 10	10 to 12
	Dumbbell "I" or "Y" Raises, Face forward on high incline bench	Anterior and Middle Delts, Mid and Lower Traps, Rhomboids	Barbell Plate, or Dumbbells	15 to 20	10 to 12	10 to 12	10 to 12
	TRX Face Pulls	Posterior Delts, Upper Traps, Rotator Cuff	TRX	15 to 20	10 to 12	10 to 12	10 to 12
<b>Day 7: Leg Day B</b>	Bulgarian (RFE) Split Squats	Quads, Glutes, Hamstrings	Dumbbells	15 to 20	10 to 12	8 to 10	8 to 10
	TRX Squat Rows	Quads, Glutes, Lats	TRX	15 to 20	10 to 12	8 to 10	8 to 10
	Straight Leg Deadlifts	Glutes, Hamstrings, Spinus Erectors	Dumbbells	15 to 20	10 to 12	8 to 10	8 to 10
	Hip Abductions, Side-Lying	Glute Medius	Ankle weights	15 to 20	15 to 20	15 to 20	15 to 20
	Calf Raises	Gastrocnemius, Soleus	Dumbbells from a Step	15 to 20	15 to 20	15 to 20	15 to 20
	Tibialis Anterior Raises	Tibialis Anterior	Bodyweight	20	20	20	
	LISS**	Cardio-pulmona ry system	Treadmill or Exercise Bike	45 minutes LISS			

## Application Notes:

- Warm up with a few light sets of the exercise you'll be doing before performing your working sets.
- Recover between each set so you can do the next with the same or greater intensity. One to two minutes for warm-up sets, and three minutes for "working" sets is a good general guideline. Go by feel. Don't watch the clock.
- Three minutes of rest time for upper body. One to two minutes for Legs and Arms.
- Progressive overload always applies. Once the suggested rep range becomes easy, increase the resistance.
- Do not use momentum: no launching, kipping, hitching, swinging, etc. Make the target muscles do all the work.
- The only reps that count are perfect reps. Always use proper form.
- Select the equipment that allows you to get maximal load on the muscle. This does \*not\* mean "hardest". Pick the equipment that allows you to apply the most intense effort using good stable form.

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**Disclaimer:** The information contained in this guide is provided for general informational and educational purposes only and is not a substitute for professional advice or treatment. While the exercises in this workout plan are crafted with the female body type in mind, they may not be suitable for all individuals. Every body is unique, and results can vary. If you have any health concerns, medical conditions, or if you are unfamiliar with the exercises, please consult with a healthcare or fitness professional before beginning this or any new exercise program. Always prioritize your safety by listening to your body and performing exercises at a pace and intensity that is comfortable for you. Should you experience pain, discomfort, or any adverse reactions while exercising, stop immediately and seek medical attention if necessary. Safety and adherence to your own body's limits should always be your paramount concern when exercising.