

WEIGHTLIFTING HOME-WORKOUT ROUTINE FOR BEGINNER WOMEN

How to perform the workout:

1. Perform each exercise for 3 sets of 12 reps.
2. Take a 30-second break between sets.
3. Choose appropriate weights and increase gradually.

MONDAY: CHEST, SHOULDERS & CORE

CHEST

Dumbbell floor chest press
Standing dumbbell upward fly
Flat Bench Flys
Push-ups

SHOULDERS

Shoulder Press standing
Dumbbell rear delt fly
Dumbbell Lateral raise
Dumbbell Front Raises

CORE

Plank - 30 seconds

WEDNESDAY: BACK, BICEPS, AND CORE

BACK

Romanian deadlift
Resistance band seated row
Resistance band reverse fly
Bent over rows with resistance bands



BICEPS

Bicep Curl
Resistance band Hammer Curl
Cross-Body Hammer Curl
Seated Resistance Band Biceps Curl

CORE

Flutter kicks - 30 secs

FRIDAY: LEGS, TRICEPS, AND CORE

LEGS

Banded Squats
Single-Leg Deadlift
Walking Lunges
Bulgarian split squat

TRICEPS

Overhead triceps extension
Bent over tricep Extension
Tricep dips
Tricep pull-aparts

CORE

Mountain climbers - 30 seconds

Beginners Guide To Weight Training

L Reisser



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