

Womens weight training program

Objective : toning and hypertrophy

Duration: 4 weeks

Frequency of training: 3 days a week

Name : _____

Date entry: _____

Date completion: _____

workout time: _____

Day 1		Primary (chest/back) secondary (biceps/triceps)			Record weight				
Exercises	Sets	Reps	Speed	Rest	Week 1	Week 2	Week 3	Week 4	
swiss ball dumbbell flat presses	4	10 - 12		120 sec					exercises are pared to gether
dumbbell bent over rows	4	10 - 12							
incline dumbbell chest press (set seat to 35 degrees)	5	10 - 12		120 sec					exercises are pared to gether
wide grip pull down (on seated pull down machine)	5	10 - 12							

Notes : (each exercise is pared up with another , these exercises are known as agonist and antagonist muscle groups). Rest periods are timed from the completion of the first exercise in that pair . Target the reps allocated , and try to challenge yourself by increaseing the weight by 2-3 % each week .

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	Primary (quadricep/hamstring /deltoid) Secondary (lower back stabilizers , core)				Record weight				
Day 2	Sets	Reps	Speed	Rest	Week 1	Week 2	Week 3	Week 4	
dumbell lunges	4	10 - 12 per leg		180 sec					exercises are pared to gether
romanian dead lift	4	10 - 12							
dumbell shoulder press seated without back support	5	10 - 12		120 sec					exercises are pared to gether
Dumbell rear delt raise	5	10 - 12							

Notes : (each exercise is pared up with another , these exercises are known as agonist and antagonist muscle groups). Rest periods are timed from the completion of the first exercise in that pair . Target the reps allocated , and try to challenge yourself by increaseing the weight by 2-3 % each week .

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Day 3	Primary (core , abdominals lower back)				Record weight						
Exercises	Sets	Reps	Speed	Rest	Week 1	Week 2	Week 3	Week 4			
hanging leg raise	4	10 - 12		120 sec					exercises are paired to gether		
side bends with a kettle bell	4	10 - 12									
dumbell dead lifts	5	10 - 12			120 sec						exercises are paired to gether
planking	5	10 - 12									

Notes : (each exercise is paired up with another , these exercises are known as agonist and antagonist muscle groups). Rest periods are timed from the completion of the first exercise in that pair . Target the reps allocated , and try to challenge yourself by increaseing the weight by 2-3 % each week .