

Female Full Body Weight Training Program # 1

Day 1

Warm up:

- Bridge x12
 - Inchworm x6
 - Standing side bend x12
- Repeat

	Exercise	Sets	Reps	Weight			
				Wk 1	Wk 2	Wk 3	Wk 4
A1	Single leg glute bridge	3	8 - 10				
B1	BB sumo squat	3	8 - 10				
C1	BB stiff leg deadlift	3	8 - 10				
D1	Assisted moderate grip pull up	3	8 - 10				
E1	Push up (record no. of full)	3	8 - 10				
F1	DB lateral raise	3	8 - 10				
G1	Leg slide with arm extension	3	12				

Day 2

Warm up:

- Cobra wing x10
 - Quadruped adductor hinge x10ea
 - BW squat x12
- Repeat

	Exercise	Sets	Reps	Weight			
				Wk 1	Wk 2	Wk 3	Wk 4
A1	FB hip thrust	3	20				
B1	Leg press feet low	3	20				
C1	Seated hamstring curl	3	20				
D1	DB standing shoulder press	3	20				
E1	Seated row	3	20				
F1	Cable hip abduction	3	20				
G1	FB pelvic tilts	3	12				

Day 3

Warm up:

- BW lunge x12
 - Samson stretch x6
 - Leg swings x10 front to back, 10x side to side
- Repeat

	Exercise	Sets	Reps	Weight			
				Wk 1	Wk 2	Wk 3	Wk 4
A1	Back extension	3	12				
B1	Front foot elevated stationary lunge	3	12				
C1	BB good morning	3	12				
D1	DB incline press	3	12				
E1	Lat pull down wide grip	3	12				
F1	Banded 1 ½ hip bridges	3	15				
G1	Bent knee side plank	3	30 sec				