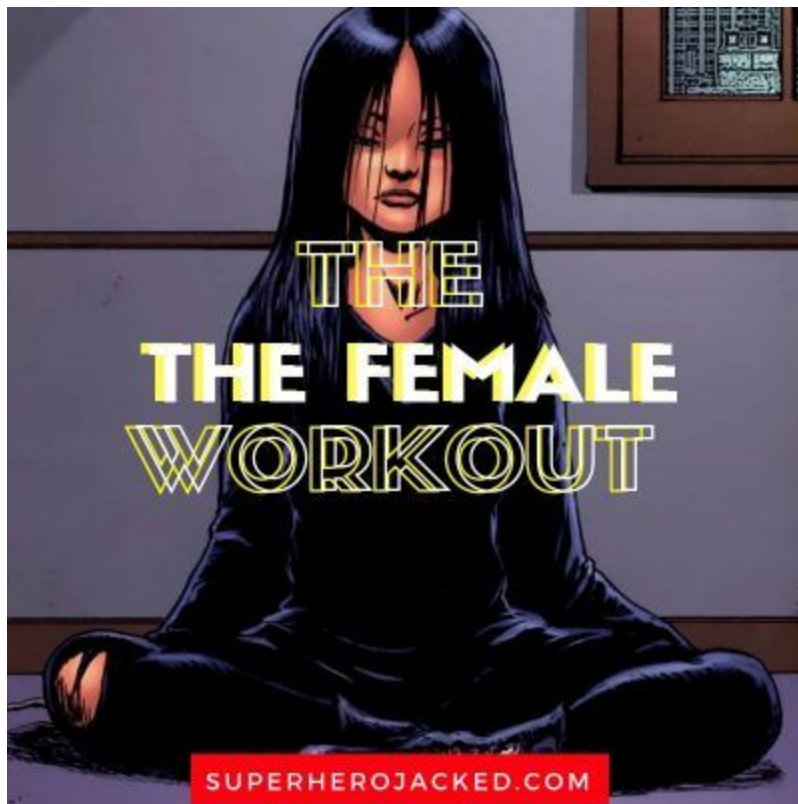


THE FEMALE WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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THE FEMALE WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

We're going to be training upper, lower, and full body splits with this one to combine an effective strength gain approach with one that will get our stamina and fat loss where they need to be! You'll have the option to train utilizing two sample training schedules.

The Female Workout Training Schedule 4 Days Per Week:

Week One:

Monday: Upper Body A

Tuesday: Full Body

Wednesday: Off

Thursday: Lower Body A

Friday: Full Body

Saturday: Off

Sunday: Active Off

Week Two:

Monday: Upper Body B

Tuesday: Full Body

Wednesday: Off

Thursday: Lower Body B

Friday: Full Body

Saturday: Off

Sunday: Active Off

The Female Workout Training Schedule 6 Days Per Week:

Monday: Upper Body A

Tuesday: Lower Body A

Wednesday: Full Body

Thursday: Rest

Friday: Upper Body B

Saturday: Lower Body B

Sunday: Full Body

The Female Workout Upper Body A:

Do 3 Sets of each workout consisting of a rep scheme of 12 – 10 – 8 descending reps and ascending weight.

Dumbbell Bench Press

Bent Over Rows

DB Side Lateral

Lying Tricep Extension

Barbell or Dumbbell Curls

The Female Workout Upper Body B:

Do 3 Sets of each workout consisting of a rep scheme of 12 – 10 – 8 descending reps and ascending weight.

Dumbbell Shoulder Press

Tricep Cable Pushdown

Cable Curls

Dips

Pull Ups

The Female Workout Lower Body A:

Do 3 Sets of each workout consisting of a rep scheme of 12 – 10 – 8 descending reps and ascending weight.

Squat Variation

Stiff [Straight] Leg Deadlift

Leg [Quad] Extension

Hamstring Curls

Standing Calf Raises

The Female Workout Lower Body B:

Do 3 Sets of each workout consisting of a rep scheme of 12 – 10 – 8 descending reps and ascending weight.

Deadlift Variation

Leg Press

Weighted Lunges (DB or BB)

Cable Glute Kickbacks

Glute Bridges

The Female Workout Full Body:

Do 3 Sets of each workout consisting of a rep scheme of 12 – 10 – 8 descending reps and ascending weight.

Chest Flyes

Kettlebell Swings

Dip Machine Leg Pushdown

Hammer Curls

Cable Kickbacks

Pulldown Variation

Sit Ups

Lying Leg Raises