



12 Week Weight Training Program for Women ~ by Daniel Murphy

This 12-week weight training program for women is designed to help you build strength and muscle while improving your overall fitness level.

Main Goal:

Reduce Weight Without Supplements

Duration:

12 Weeks

Days per Week:

5 Days

Time required per Day:

1 Hour

Equipments Needed:

[Barbell](#), [Dumbbells](#), [Knee Sleeves](#), [Elbow Sleeve](#)

Monday - Legs & Glutes

Exercise	Sets	Reps
Legs & Glutes		
1. Barbell Squat	3	10 - 12
2. Walking Lunges	3	10 - 12
3. Romanian Deadlifts	2 - 3	10 - 15
4. Leg Press	3	12 - 15
5. Glute Bridges	3	12 - 15

Tuesday - Back & Arms

Exercise	Sets	Reps
Back & Arms		
1. Lat Pulldown	3	10 - 12
2. Dumbbell Row	3	10 - 12
3. Bicep Curls	3	12 - 15
4. Tricep Dips	3	12 - 15

Wednesday - Legs & Glutes

Exercise	Sets	Reps
Legs & Glutes		
1. Goblet Squat	3 - 4	6 - 12
2. Romanian Deadlift	2 - 3	12 - 15
3. Dumbbell Stiff Leg Deadlift	2 - 3	12 - 15
4. Smith Machine Sumo Squats (Glute Focus)	3	6 - 12
5. Glute Kick Back	3	15

Thursday - Chest & Shoulders

Exercise	Sets	Reps
Chest & Shoulders		
1. Dumbbell Bench Press	3 - 4	6 - 12
2. Incline Dumbbell Press	2 - 3	12 - 15
3. Machine Chest Fly	2 - 3	12 - 15
4. Seated Dumbbell Press	3 - 4	6 - 12
5. Lateral Raise	2 - 3	12 - 15

Friday - Legs & Arms

Exercise	Sets	Reps
Legs & Arms		
1. Deadlifts	3 - 4	6 - 12
2. Good Mornings	2 - 3	12 - 15
3. Leg Extensions	2 - 3	12 - 15
4. Incline Dumbbell Curl	3	12
5. Incline Skullcrusher	3	12

Weekend Plan

Saturday	Relax and Recover	No Exercise
Sunday	Rest Day	No Exercise