

# 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

**N Noddings**



## **Beginners Guide To Weight Training:**

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Experience Love's Journey in **Beginners Guide To Weight Training** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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