



Female Workout Plan With PDF

The Best Women's Workout Program for Weight Loss

Monday - Chest, Shoulders, and Triceps

WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Bench Press	4	10-12	1 minute
Machine Chest Fly	3	12-15	30 seconds
Lateral Raises	3	12-15	30 seconds
Cable Tricep Pressdowns	3	12-15	30 seconds
CARDIO	20-minute incline walking on treadmill		
COOLDOWN	5 minutes upper-body stretching		

Estimated Workout Duration: 55 minutes

Tuesday - Lower Body

WARM-UP	5 minutes biking + active stretching		
EXERCISE	SETS	REPS	REST TIME
Sumo Squats	4	10-12	1 minute
Leg Extensions	3	12-15	30 seconds
Lying Leg Curls	3	12-15	30 seconds
Seated Calf Raise Machine	3	12-15	30 seconds
CARDIO	15 minutes on Stairmaster		
COOLDOWN	5 minutes lower-body stretching		

Estimated Workout Duration: 50 minutes

Wednesday - Back, Biceps, and Abs

WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Lat Pulldowns	4	10-12	1 minute
Alternating Hammer Curls	3	12-15	30 seconds
Abdominal Crunch Machine	3	12-15	30 seconds
Leg Raises	3	12-15	30 seconds
CARDIO	20-minute incline walking on treadmill		
COOLDOWN	5 minutes upper-body stretching		

Estimated Workout Duration: 55 minutes

Thursday

Rest day!

Friday - Lower Body With Glute Focus

WARM-UP	5 minutes biking + active stretching		
EXERCISE	SETS	REPS	REST TIME
Barbell Hip Thrusts	4	10-12	1 minute
Cable Kickbacks	3	12-15	30 seconds
Hip Abduction Machine	3	12-15	30 seconds
Fire Hydrants	3	12-15	30 seconds
CARDIO	15 minutes on Stairmaster		
COOLDOWN	5 minutes lower-body stretching		

Estimated Workout Duration: 50 minutes

Saturday - Full Body

WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Sumo Deadlifts	4	10-12	1 minute
Hack Squats	3	12-15	30 seconds
T-Bar Rows	3	12-15	30 seconds
Push-Ups	3	12-15	30 seconds
CARDIO	10 minutes of HIIT		
COOLDOWN	5 minutes full-body stretching		

Estimated Workout Duration: 45 minutes

Sunday

Rest day!

The Best Women's Workout Program for Mass Gain

Monday - Chest, Triceps, and Shoulders

WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Bench Press	4	6-8	1 minute 30 seconds
Assisted Dips	3	10-12	45 seconds
Military Press	3	10-12	45 seconds
Straight Arm Pullovers	3	10-12	45 seconds
Front Raises	3	10-12	45 seconds
CARDIO	10 minute incline walking on treadmill		
COOLDOWN	5 minutes upper body stretching		

Estimated Workout Duration: 55 minutes

Tuesday - Lower Body

WARM-UP	5 minutes biking + active stretching		
EXERCISE	SETS	REPS	REST TIME
Sumo Squats	4	6-8	1 minute 30 seconds
Leg Press	3	10-12	45 seconds
Walking Lunges	3	10-12	45 seconds

Straight Leg Deadlift	3	10-12	45 seconds
Dumbbell Calf Raises	3	10-12	45 seconds
CARDIO	10 minutes on Stairmaster		
COOLDOWN	5 minutes lower body stretching		

Estimated Workout Duration: 55 minutes

Wednesday - Back, Biceps, and Abs

WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Lat Pulldowns	4	6-8	1 minute 30 seconds
Assisted Pull-Ups	3	10-12	45 seconds
Cable Rows	3	10-12	45 seconds
Cable Bicep Curls	3	10-12	45 seconds
Weighted Russian Twists	3	15-20	45 seconds
CARDIO	10 minute incline walking on treadmill		
COOLDOWN	5 minutes upper body stretching		

Estimated Workout Duration: 55 minutes

Thursday

Rest day!

Friday - Lower Body With Glute Focus

WARM-UP	5 minutes biking + active stretching		
EXERCISE	SETS	REPS	REST TIME

Barbell Hip Thrusts	4	6-8	1 minute 30 seconds
Bulgarian Split Squats	3	10-12	45 seconds
Weighted Step-Ups	3	10-12	45 seconds
Cable Pullthroughs	3	10-12	45 seconds
Donkey Kicks	3	10-12	45 seconds
CARDIO	10 minutes on Stairmaster		
COOLDOWN	5 minutes lower body stretching		

Estimated Workout Duration: 55 minutes

Saturday - Full Body

WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Sumo Deadlifts	4	6-8	1 minute 30 seconds
Hip Adductor Machine	3	10-12	45 seconds
Kettlebell Swings	3	10-12	45 seconds
Overhead Dumbbell Press	3	10-12	45 seconds
Dumbbell Rows	3	10-12	45 seconds
CARDIO	10 minutes of HIIT		
COOLDOWN	5 minutes full body stretching		

Estimated Workout Duration: 55 minutes

Sunday

Rest day!

The Best Nutrition Plan for More Successful Results

Whether you want to gain muscle, lose fat, or both, protein should always be your primary focus.

[Protein](#) is the most satiating macro, the body burns the most calories to digest it, and it speeds up your metabolism by contributing to muscle mass.

Aim to eat one gram of protein per pound you weigh. Fill up the rest of your calories with carbohydrates and fats.

Everyone is different as to which of these two macros makes them feel the most energized, so listen to your body when making this decision.

7-Day Sample Meal Plan

Breakfast

1. Protein Oatmeal

Do you love oatmeal? Try mixing in some protein powder to give the tasty breakfast an edge! Top it off with berries, chia seeds, nut butter, and more!

2. Egg White Omelet and Toast

Replacing whole eggs with egg whites brings down the calories and up the protein.

Mix in spinach, bell peppers, mushrooms, and onions to give your omelet a nutrition kick. Make some toast with peanut butter or low-sugar jelly as a side.

Lunch

1. Tuna on Rice Cakes

If you need to whip up something quick, this is an easy, low-calorie lunch. Make your favorite tuna salad, spread it on a few rice cakes, and you're done!

2. Salmon Salad

Want to get your veggies in but still need something filling? Top your salad with salmon, sweet potatoes, nuts, and a low-calorie dressing.

Dinner

1. Ground Turkey Chili

Ground turkey is a great source of lean protein. Add it into some chili along with a variety of beans, beef broth, tomato sauce, and spices.

Top with a bit of cheddar cheese for a comforting and protein-packed dinner.

2. Chicken, Rice, and Veggies

This one is a classic right? Add spices to your chicken and drizzle some Teriyaki sauce over your dish to amp up the flavor of this nutritious meal.

Snacks

1. Protein Shake

If any habit will help you transform your physique, it's drinking a protein shake every day.

Protein powder is one of the highest protein sources considering the calorie count because the grams of fat and carbs are very few.

2. HaloTop

Have a sweet tooth but not many calories to spare? HaloTop is an ice cream that averages only 300 calories a pint, and it also has protein in it!

Supplements

It's up to you whether or not you want to invest in supplements, but they may make progressing in your workout plan for women a bit easier.

Multivitamins and greens powder are packed with nutrients that optimize how your body functions, making it easier for it to gain muscle or burn fat.

Very few people consume all the nutrients they need daily, so these two supplements are great backups.

As mentioned in the meal plan, protein shakes will make hitting your protein goal that much easier. Protein is your best friend when making a physique change, so invest in some powder to get an average of 25 grams of protein per 150 calories.

Lastly, [creatine](#) is one of the most well-studied supplements out there. It helps give you more power and strength in the gym and with recovery afterward.

Calorie Recommendations

If you want to gain muscle, try eating in a daily [surplus of 500 calories](#) to gain one pound per week.

Not every pound will be pure muscle, but a good portion of it will if you consistently hit your protein goals.

If you want to lose fat, eat in a daily [deficit of 500 calories](#) to lose one pound per week.

Keep in mind that your maintenance calories also take into account your exercise, so this can contribute to how few calories you end up eating.