

WHOLE BODY CONDITIONING WORKOUT FOR WOMEN

Barbara Greene's 7 day weight training and cardio workout is specifically designed for women who want to increase their fitness and muscle tone.

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 8 Weeks
Days Per Week: 7 Days

Time Per Workout: 30-60 Mins
Equipment: Barbell, Bodyweight, DBs, Exercise Ball, Machines
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Workout A

Exercise	Sets	Reps
Whole Body		
Dumbbell Squat	3	20
Dumbbell Bench Press	3	20
Dumbbell Pullover	3	20
Dumbbell Lateral Raise	3	15
Dumbbell Hammer Curl	3	20
Two Arm Dumbbell Overhead Tricep Extension	3	20
Standing Calf Raise	2	30
Reverse Hyperextension	3	20
Ab Crunches	3	20

Workout B

Exercise	Sets	Reps
Whole Body		
Flat Bench Dumbbell Flye	3	20
One Arm Dumbbell Row	3	20
Dumbbell Shoulder Press	3	20
Dumbbell Bicep Curl	3	20
Tricep Kickback	3	15
Lying Adduction (dumbbells/bands)*	3	20
Lying Abduction (dumbbells/bands)*	3	20
Seated Calf Raise **	2	30
Reverse/Lower Abs Crunch	3	20

* If bands are available for performing the leg abduction and adduction exercises, then these two exercises can be done whilst standing upright and attaching the band around a sturdy object such as a stair railing. Dumbbells can be balanced across the trainers that are being worn, although this does require some balancing skills when lowering and raising the leg, but lightweights should be started with; a 5kg weight is a challenge during leg adduction, so anything below that is not considered bad in any way. Ankle weights are preferable, but not necessary.

** These have been placed in for those wishing to do some seated calf raises, if they can find weights that will challenge the calf; however, doing standing calf raises in each of the 3 sessions is fine, and is how the routine was performed initially.

Workout C

Exercise	Sets	Reps
Whole Body		
Sissy Squat	3	20
Lying Leg Curl *	1	60
Standing Calf Raise	2	30
Chest Dip **	2	15
Push Up **	2	15
Dumbbell Pullover	3	20
Dumbbell Reverse Flye	3	15
Bicep Concentration Curl	3	20
Lying Two Arm Dumbbell Tricep Extension	3	20
Obliques Curl	3	20

*Lying leg curl is done with a weight held between the feet; this is one set of 60 reps, because a low weight will not really tax the legs, however, done for 60 reps straight, you will feel it. Start low with the weight at 3kg, when it gets easy enough to do the 60 reps with no problems, move up to 4kg, and then to 5kg. If you cannot complete the 60 reps in one set, then pause a short time to get your breath and start from where you left off until you have completed as many as you feel you can, or have reached the goal of 60 reps.

**Chest dips can be done wherever you can find a suitable place, the corner of two kitchen units, for example. Half push-ups can be done until strength increases enough to complete full push-ups. With these 2 exercises, you may also omit one and just do 3 sets of 20 reps of the other one; so should you choose not to do chest dips, just do 3 sets of 20 reps of the push-ups.