

# MUSCLE & STRENGTH'S 30 DAY WORKOUT PLAN FOR WOMEN

Looking for the best plan to start working towards a toned, fit, and stronger body? We thought we'd create a routine to specifically design to give you that.

**Main Goal:** Build Muscle  
**Training:** 2x/Week Beginner  
**Workout Duration:** 45-60 mins  
**Days Per Week:** 6 Days  
**Time for Workout:** 45-60 mins  
**Equipment:** Dumbbell, Dumbbell, Dumbbell, Dumbbell, Dumbbell, Dumbbell, Dumbbell, Dumbbell  
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## Day 1

Exercise	Warm-Up	Working Set	Rest (Secs)
Push-Up	1 x 10	5 x 10	30
Inverted Row	1 x 10	5 x 10	30
Plank Squat	1 x 10	5 x 10	30
Bentover Lunge (per leg)	-	5 x 10	30
Single-Leg Calf Raise (per leg)	-	3 x 10	Alternate
Floor Crunch	-	5 x 10	30

## Day 2

Exercise	Warm-Up	Working Set	Rest (Secs)
Legs Leg Raise	-	5 x 20	-

20 Miles of Steady-State Cardio of choice (jogging, bike, elliptical, etc.)

## Day 3

Exercise	Warm-Up	Working Set	Rest (Secs)
Push-Up	1 x 10	5 x 20	30
Inverted Row	1 x 10	5 x 10	30
Plank Squat	1 x 10	5 x 20	30
Bentover Lunge (per leg)	-	5 x 10	30
Single-Leg Calf Raise (per leg)	-	5 x 10	Alternate
Floor Crunch	-	5 x 20	30

## Day 4

Exercise	Warm-Up	Working Set	Rest (Secs)
Legs Leg Raise	-	5 x 20	-

20 Miles of Steady-State Cardio of choice (jogging, bike, elliptical, etc.)

## Day 5

Exercise	Warm-Up	Working Set	Rest (Secs)
Push-Up	1 x 10	5 x 20	30
Inverted Row	1 x 10	5 x 10	30
Plank Squat	1 x 10	5 x 20	30
Bentover Lunge (per leg)	-	4 x 10	30
Single-Leg Calf Raise (per leg)	-	4 x 10	Alternate
Floor Crunch	-	4 x 20	30

## Day 6

Exercise	Warm-Up	Working Set	Rest (Secs)
Legs Leg Raise	-	5 x 20	-

20 Miles of Steady-State Cardio of choice (jogging, bike, elliptical, etc.)

## Day 7

Exercise	Warm-Up	Working Set	Rest (Secs)
Rest-day or active rest - any recreational activity of your choice.			

## Day 8

Exercise	Warm-Up	Working Set	Rest (Secs)
Incline Bench Dumbbell Press	1 x 12	5 x 12	30
Best-Over Dumbbell Row	1 x 12	5 x 12	30
Seated Dumbbell Shoulder Press	-	5 x 12	30
Dumbbell Lunge (per leg)	1 x 10	5 x 10	30
Dumbbell Goblet Squat	-	5 x 12	Alternate
Single-Leg Dumbbell Calf Raise	-	5 x 12	Alternate
Decline Bench Sit-Up	-	5 x 10	30

## Day 9

Exercise	Warm-Up	Working Set	Rest (Secs)
Hanging Leg Raise	-	5 x 20	-

20 Miles of Steady-State Cardio of choice (jogging, bike, elliptical, etc.)

## Day 10: +Weight, -Reps

Exercise	Warm-Up	Working Set	Rest (Secs)
Incline Bench Dumbbell Press	1 x 12	5 x 10	30
Best-Over Dumbbell Row	1 x 12	5 x 10	30
Seated Dumbbell Shoulder Press	-	5 x 10	30
Dumbbell Lunge (per leg)	1 x 10	5 x 10	30
Dumbbell Goblet Squat	-	5 x 10	Alternate
Single-Leg Dumbbell Calf Raise	-	5 x 10	Alternate
Decline Bench Sit-Up	-	5 x 20	30

## Day 11

Exercise	Warm-Up	Working Set	Rest (Secs)
Hanging Leg Raise	-	5 x 20	-

20 Miles of Steady-State Cardio of choice (jogging, bike, elliptical, etc.)

## Day 12: +Weight, -Reps

Exercise	Warm-Up	Working Set	Rest (Secs)
Incline Bench Dumbbell Press	1 x 12	5 x 8	30
Best-Over Dumbbell Row	1 x 12	5 x 8	30
Seated Dumbbell Shoulder Press	-	5 x 8	30
Dumbbell Lunge (per leg)	1 x 10	5 x 8	30
Dumbbell Goblet Squat	-	5 x 8	Alternate
Single-Leg Dumbbell Calf Raise	-	5 x 8	Alternate
Decline Bench Sit-Up	-	4 x 10	30

## Day 13

Exercise	Warm-Up	Working Set	Rest (Secs)
Hanging Leg Raise	-	5 x 20	-

20 Miles of Steady-State Cardio of choice (jogging, bike, elliptical, etc.)

## Day 14

Exercise	Warm-Up	Working Set	Rest (Secs)
Rest-day or active rest - any recreational activity of your choice.			

## Day 15

Exercise	Warm-Up	Working Set	Rest (Secs)
Incline Bench Dumbbell Fly	1 x 12	5 x 12 - 15	45
Pull-Up	-	5 x 10 - 20	45
Wide Grip Pull-Up w/ Pull-down	1 x 10	5 x 12 - 15	45
Best-Over Dumbbell Row	1 x 10	5 x 12 - 15	45
Dumbbell Side Lateral Raise	-	5 x 12 - 15	45
Dumbbell Upright Row	-	5 x 12 - 15	45
Bicycle Crunch	-	5 x 20	45

## Day 16

Exercise	Warm-Up	Working Set	Rest (Secs)
Dumbbell Curl	1 x 12	5 x 12 - 15	45
Parallel Bar Dip or Press-down	1 x 10	5 x 12 - 15	45
Barbell Back Squat	2 x 12	5 x 12 - 15	45
Dumbbell Stiff Leg Deadlift	-	5 x 12 - 15	45
Seated Calf Raise	1 x 12	5 x 12 - 15	30
Seated Sit-Up	-	5 x 20	30

## Day 17

Exercise	Warm-Up	Working Set	Rest (Secs)
20 Miles Interval Session: sprints, bike, or other favorite mode:			
-2 Miles Warm-Up			
-2 Intervals of 30 Secs of High Intensity and 1 Min of Low Intensity			
-2 Miles Cool-Down			

## Day 18: +Weight, -Reps

Exercise	Warm-Up	Working Set	Rest (Secs)
Incline Bench Dumbbell Fly	1 x 12	5 x 10 - 12	45
Pull-Up	-	5 x 10 - 20	45
Wide Grip Pull-Up w/ Pull-down	1 x 10	5 x 10 - 12	45
Best-Over Dumbbell Row	1 x 10	5 x 10 - 12	45
Dumbbell Side Lateral Raise	-	5 x 10 - 12	45
Dumbbell Upright Row	-	5 x 10 - 12	45
Bicycle Crunch	-	5 x 20	30

## Day 19: +Weight, -Reps

Exercise	Warm-Up	Working Set	Rest (Secs)
Dumbbell Curl	1 x 12	5 x 10 - 12	45
Parallel Bar Dip or Press-down	1 x 10	5 x 10 - 12	45
Barbell Back Squat	2 x 12	5 x 10 - 12	45
Dumbbell Stiff Leg Deadlift	-	5 x 10 - 12	45
Seated Calf Raise	1 x 12	5 x 10 - 12	30
Seated Sit-Up	-	5 x 20	30

## Day 20

Exercise	Warm-Up	Working Set	Rest (Secs)
20 Miles Interval Session: sprints, bike, or other favorite mode:			
-2 Miles Warm-Up			
-2 Intervals of 30 Secs of High Intensity and 1 Min of Low Intensity			
-2 Miles Cool-Down			

## Day 21

Exercise	Warm-Up	Working Set	Rest (Secs)
Rest-day or active rest - any recreational activity of your choice.			

## Day 22

Exercise	Warm-Up	Working Set	Rest (Secs)
Flat Bench Dumbbell Press	1 x 12	3 x 8 - 12	60
Incline Bench Dumbbell Press	-	3 x 8 - 12	60
Best-Over Barbell Row	1 x 12	3 x 8 - 12	60
Neutral Grip Pull-Up w/ Pull-down	-	3 x 8/60	60
Seated Dumbbell Shoulder Press	1 x 12	3 x 8 - 12	60
Dumbbell Snag	-	3 x 8 - 12	60
Decline Sit-Up	-	5 x 20	30

## Day 23

Exercise	Warm-Up	Working Set	Rest (Secs)
Incline Bench Dumbbell Curl	1 x 12	3 x 8 - 12	60
Close Grip Pull-Up	1 x 10	3 x 8 - 12	60
Barbell Front Squat	2 x 12	3 x 8 - 12	60
Barbell Romanian Deadlift	-	3 x 8 - 12	60
Standing Calf Raise	1 x 12	3 x 8 - 12	30
3-Way Sit-Up	-	5 x 20	30

## Day 24

Exercise	Warm-Up	Working Set	Rest (Secs)
22 Miles Interval Session: sprints, bike, or other favorite mode:			
-2 Miles Warm-Up			
-12 Intervals of 30 Secs of High Intensity and 1 Min of Low Intensity			
-2 Miles Cool-Down			

## Day 25: +Weight, -Reps

Exercise	Warm-Up	Working Set	Rest (Secs)
Flat Bench Dumbbell Press	1 x 12	3 x 6 - 10	60
Incline Bench Dumbbell Press	-	3 x 6 - 10	60
Best-Over Barbell Row	1 x 12	3 x 6 - 10	60
Neutral Grip Pull-Up w/ Pull-down	-	3 x 8/60	60
Seated Dumbbell Shoulder Press	1 x 12	3 x 6 - 10	60
Dumbbell Snag	-	3 x 6 - 10	60
Decline Sit-Up	-	5 x 20	30

## Day 26: +Weight, -Reps

Exercise	Warm-Up	Working Set	Rest (Secs)
Incline Bench Dumbbell Curl	1 x 12	3 x 6 - 10	60
Close Grip Pull-Up	1 x 10	3 x 6 - 10	60
Barbell Front Squat	2 x 12	3 x 6 - 10	60
Barbell Romanian Deadlift	-	3 x 6 - 10	60
Standing Calf Raise	1 x 12	3 x 6 - 10	30
3-Way Sit-Up	-	5 x 20	30

## Day 27

Exercise	Warm-Up	Working Set	Rest (Secs)
23 Miles Interval Session: sprints, bike, or other favorite mode:			
-2 Miles Warm-Up			
-12 Intervals of 30 Secs of High Intensity and 1 Min of Low Intensity			
-2 Miles Cool-Down			

## Day 28

Exercise	Warm-Up	Working Set	Rest (Secs)
Rest-day or active rest - any recreational activity of your choice.			

## Day 29

Exercise	Warm-Up	Working Set	Rest (Secs)
23 Miles Interval Session: sprints, bike, or other favorite mode:			
-2 Miles Warm-Up			
-12 Intervals of 30 Secs of High Intensity and 1 Min of Low Intensity			
-2 Miles Cool-Down			

## Day 30: Active Rest Day or Lightweight-Only Workout

Exercise	Warm-Up	Working Set	Rest (Secs)
Pull-Up	1 x 10	2 - 3 x 15	30
Inverted Row	1 x 10	2 - 3 x 18	30
Plank Squat	1 x 10	2 - 3 x 15	30
Bodyweight Lunge (per leg)	-	2 - 3 x 18	30
Single-Leg Calf Raise (per leg)	-	2 - 3 x 18	Alternate
Floor Crunch	-	5 x 10	30