

7-Day Workout Plan for Women

Achieve your fitness goals

Introduction

This 7-day workout plan is designed for women of all fitness levels. It combines cardio and strength training exercises to help you build muscle, burn fat, and improve your overall fitness. Remember to consult your doctor before starting any new workout program.

Important Considerations

Warm-up: 5-10 minutes of light cardio and dynamic stretching.

Cool-down: 5-10 minutes of static stretching.

Rest: Rest for 30-60 seconds between sets.

- **Proper Form:** Focus on maintaining proper form throughout each exercise to prevent injuries.
- **Listen to Your Body:** Don't push yourself too hard, especially when starting out. Take rest days when needed.
- **Hydration:** Drink plenty of water throughout the day, especially before, during, and after workouts.
- **Nutrition:** Pair this workout plan with a healthy and balanced diet for optimal results.

Workout Schedule

Day 1: Full Body Strength

Day 2: Cardio & Abs

Day 3: Rest or Active Recovery

Day 4: Upper Body Strength

Day 5: Lower Body Strength

Day 6: Cardio & Core

Day 7: Rest

Daily Workouts

Day 1: Full Body Strength

- Squats: 3 sets of 10-12 reps
- Push-ups: 3 sets of as many reps as possible (AMRAP)
- Dumbbell Rows: 3 sets of 10-12 reps per side
- Overhead Press: 3 sets of 10-12 reps
- Plank: 3 sets, hold for 30-60 seconds

Day 2: Cardio & Abs

- 30-45 minutes of your preferred cardio (running, cycling, swimming, etc.)
- Crunches: 3 sets of 15-20 reps
- Leg Raises: 3 sets of 15-20 reps
- Russian Twists: 3 sets of 15-20 reps per side

Day 3: Rest or Active Recovery

- Light activity such as walking, yoga, or stretching.

Day 4: Upper Body Strength

- Bench Press (or dumbbell press): 3 sets of 10-12 reps
- Pull-ups (or lat pulldowns): 3 sets of as many reps as possible (AMRAP)
- Bicep Curls: 3 sets of 12-15 reps
- Triceps Extensions: 3 sets of 12-15 reps

Day 5: Lower Body Strength

- Lunges: 3 sets of 10-12 reps per leg
- Deadlifts (Romanian or Conventional): 1 set of 5 reps, 1 set of 3 reps, 1 set of 1 rep (increase weight each set)
- Glute Bridges: 3 sets of 15-20 reps
- Calf Raises: 3 sets of 15-20 reps

Day 6: Cardio & Core

- 30-45 minutes of your preferred cardio (HIIT recommended)
- Bicycle Crunches: 3 sets of 20-25 reps
- Reverse Crunches: 3 sets of 15-20 reps
- Side Plank: 3 sets, hold for 30-60 seconds per side

Day 7: Rest

- Enjoy a day of complete rest and recovery.

Next Steps

Consistency is key! You can stick to this plan as closely as possible and track your progress. As you get stronger, you can increase the weight, reps, or sets. Don't be afraid to modify exercises to fit your needs and abilities. Enjoy your fitness journey!

