

WORKOUT ROUTINE FOR WOMEN

Day 1 Activity:

- 15 minutes cardio warm-up
- Leg Press Machine
- Lat Pull Down Machine
- Leg Extension Machine
- Barbell Bench Press
- Seated Leg Curls
- Seated Cable Row
- Standing Calf Raise
- Ab Crunch Machine
- Torso Rotation Machine
- 15 minutes cardio cool down

Day 2 Activity:

- 15 minutes cardio warm-up
- Seated Cable Row
- Seated Leg Curl
- Dumbbell Curl
- Walking Dumbbell Lunge
- Tricep Push Down
- Walking On Toes w/ Dumbbells
- Decline Ab Crunch
- Torso Rotation Machine
- 15 minutes cardio cool down
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Day 3 Activity:

- 15 minutes cardio warm-up
- Leg Press Machine
- Lat Pull Down Machine
- Leg Extension Machine
- Barbell Bench Press
- Seated Leg Curls
- Seated Cable Row
- Standing Calf Raise
- Ab Crunch Machine
- Torso Rotation Machine
- 15 minutes cardio cool down

Day 4 Activity:

- 15 minutes cardio warm-up
- Seated Cable Row
- Seated Leg Curl
- Dumbbell Curl
- Walking Dumbbell Lunge
- Tricep Push Down
- Walking On Toes w/ Dumbbells
- Decline Ab Crunch
- Torso Rotation Machine
- 15 minutes cardio cool down
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