

4 Week Strength Training Program For Women

Monday

| Exercise | Sets | Repetitions | Rest |
|-------------------------|------|-------------|----------|
| <i>Kettlebell Swing</i> | 4 | 12 | 1 Minute |
| <i>Squats</i> | 4 | 12,10,8,6 | 2 Minute |
| <i>Deadlift</i> | 4 | 12,10,8,6 | 2 Minute |
| <i>Leg Press</i> | 4 | 12,10,8,6 | 1 Minute |
| <i>Leg Curls</i> | 4 | 12,10,8,6 | 1 Minute |

Tuesday

| | | | |
|-----------------------|---|-----------|----------|
| <i>Bench Press</i> | 4 | 12,10,8,6 | 1 Minute |
| <i>Reverse Fly</i> | 4 | 12,10,8,6 | 1 Minute |
| <i>Chest Fly</i> | 4 | 12,10,8,6 | 1 Minute |
| <i>Bent Over Rows</i> | 4 | 12,10,8,6 | 1 Minute |
| <i>Pull Ups</i> | 4 | 12,10,8,6 | 2 Minute |

Thursday

| | | | |
|--------------------------------|---|-------------|----------|
| <i>Weighted Hip Thrust</i> | 4 | 15,12,12,10 | 1 Minute |
| <i>Single Leg Deadlift</i> | 4 | 12,10,8,6 | 2 Minute |
| <i>Weighted Hyperextension</i> | 4 | 12,12,10,8 | 1 Minute |
| <i>Weighted Lunge</i> | 4 | 12,12,10,8 | 2 Minute |

Friday

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|-----------------------|---|-----------|----------|
| <i>Seated Row</i> | 4 | 12,10,8,6 | 2 Minute |
| <i>Dumbbell Press</i> | 4 | 12,10,8,6 | 1 Minute |
| <i>Lat Pulldown</i> | 4 | 12,10,8,6 | 2 Minute |
| <i>Dumbbell Fly</i> | 4 | 12,10,8,6 | 1 Minute |