

Women's 3 Day Beginner Weight Training Routine

Do or do not — there is no try!

[Link to Article](#)

Workout 1

Date:

Exercise	Sets	Reps
Chest Machine of Your Choice	3	12
Dumbbell Incline Bench Press	2	8
Incline Dumbbell Chest Fly	2	10
Close Grip Bench Press	4	5
Seated Dip / Assisted Dip Machine	3	12
1 Arm Tricep Extension	2	15
Planks	3	ALAP

Workout 2

Date:

Exercise	Sets	Reps
Back Machine of Your Choice	3	12
1 Arm Dumbbell Rows	2	8
Seated Close Grip Rows	4	10
Shoulder Machine of Your Choice	2	6
Cross Body Hammer Curls	3	12
Curl Machine of Your Choice	2	15
Decline Situps	3	AMAP

Workout 3

Date:

Exercise	Sets	Reps
Barbell Walking Lunges	3	10
Leg Extensions	2	15
Leg Curls	2	15
Goblet Squats	3	8
Standing Calf Raise	2	20
Medicine Ball Crunches	2	20
Ab Machine of Your Choice	3	AMAP

