



SPORTS CENTER

WOMEN'S WEIGHT ROOM

Building Strength

Day 1

Upper Body 1

1. DB Shoulder Press (5x8)
2. UL DB Bench Rows (4x12 each arm)
3. Barbell Bench Press (4x6)
4. DB Bent Lateral Raises (3x10)
5. DB Biceps Curls/DB Triceps Kickbacks (4x10 each SS)

Day 2

Lower Body 1

1. BW Bridges w/Knee Raise (3x8 each leg)
2. Barbell Squat (4x6)
3. Barbell RDL (3x6)
4. Smith Machine Calf Raises (5x10)
5. Bike (5 minutes on medium resistance)

Day 3

Cardio and Core

1. Bike (5 minutes)
2. BW Planks/Battle Ropes (4x30 seconds SS)
3. Flutter Kicks (3x30 seconds)
4. Stair Climber (10 minutes)

Day 4

Upper Body 2

1. Bent-over Cable Row (4x8)
2. DB Bench Press (3x10)
3. Bicep Curl Machine/Triceps Pushdown Machine (5x10 each SS)
4. KB Shoulder Press (4x8)
5. Sit-ups (3x15)

Day 5

Lower Body 2

1. UL Cable Hip Extension (3x10 each leg)
2. Leg Press (5x5)
3. Dumbbell Calf Raises (5x10)
4. Leg Extension Machine/Leg Curl Machine (4x10 each SS)
5. Leg Raises (3x10)



Key: # x # (# sets of # reps)

BW = Body Weight, **DB** = Dumbbell, **KB** = Kettlebell, **UL** = Uni-Lateral (single-arm), **SS** = Super Set