



SPORTS CENTER

WOMEN'S WEIGHT ROOM

Burning Fat and Building Muscle

Day 1

Upper Body 1

1. Seated Cable Row Machine (4x10)
2. Cable Lat Pulldown (5x8)
3. Incline DB Bench Press (4x12)
4. Cable Biceps Curl w/
Straight Bar (5x10)
5. Cable Triceps Pushdowns w/Rope
Attachment (5x10)

Day 2

Lower Body 1

1. BW Bridges (3x15)
2. Side-lying Hip Abductions
(3x10 each leg)
3. KB Goblet Squat (4x10)
4. BW Reverse Lunges (3x10 each leg)
5. Stair Climber (10 minutes)

Day 3

Cardio and Core

1. Crunches (3x15)
2. Leg Raises (3x10)
3. Incline Treadmill Walk (10 minutes)
4. BW Bridge Holds (4x30 seconds)

Day 4

Upper Body 2

1. Cable Face Pulls w/Rope
Attachment (5x8)
2. DB Hammer Curls (4x10)
3. DB Overhead Triceps
Extension (4x10)
4. Barbell Bench Press (3x10)
5. Straight-arm Pulldowns (3x10)

Day 5

Lower Body 2

1. UL Cable Hip Abductions
(4x10 each leg)
2. Barbell Hip Thrust (4x8)
3. DB Step-up w/Knee Raise
(4x10 each leg)
4. Prone Hamstring Curl (5x10)
5. Sit-ups (3x15)



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

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