Beginner Workout Plan For Women

BEGINNER WORKOUT PLAN FOR WOMEN

This four-day workout plan is tailored specifically for gym beginners. It is designed to help you build strength, improve muscle tone, and enhance overall fitness. By splitting your workouts into targeted push-pull, legs, and a full-body day, you'll effectively train all major muscle groups while allowing adequate recovery time to maximize progress.

Disclaimer: This workout plan is a general guide and NOT a substitute for personalized training advice. Always consult with a qualified fitness professional or healthcare provider before starting any new exercise program, especially if you have pre-existing medical conditions, injuries, or concerns. Listen to your body and modify exercises as needed to ensure your safety.

Incline dumbbell bench press - Sets x reps: _____ **Chest press machine - Sets x reps:** _____

Shoulder press (dumbbell or machine) - Sets x reps: _____ **Lateral raises (dumbbells) - Sets x reps:** _____

Tricep pushdowns (cable) - Sets x reps: _____

Day 1 Notes

Lat pulldown machine - Sets x reps: _____ **Seated row machine - Sets x reps:** _____

Face pulls (cable) - Sets x reps: _____ **Dumbbell bicep curls - Sets x reps:** _____

Rear delt fly (dumbell) - Sets x reps: _____

Day 2 Notes

Leg press (machine) - Sets x reps: _____ **Walking lunges - Sets x reps:** _____

Glute bridges - Sets x reps: _____ **Step-ups - Sets x reps:** _____

Leg extensions (machine) - Sets x reps: _____ **Leg curl (machine) - Sets x reps:** _____

Day 3 Notes

Goblet squats - Sets x reps: _____ **Push-ups (knees or full) - Sets x reps:** _____

Barbell bent-over rows - Sets x reps: _____ **Dumbbell shoulder press - Sets x reps:** _____

Hip thrust (barbell) - Sets x reps: _____ **Plank (forearms) - Sets x reps:** _____

Day 4 Notes

Day 1 Warm-up

Day 1 Cooldown

Day 2 Warm-up

Day 2 Cooldown

Day 3 Warm-up

Day 3 Cooldown

Day 4 Warm-up

Day 4 Cooldown

Additional Notes