







FEMALE GYM PLAN 7 DAYS

Week # _____

Dates: _____

"Women who exercise regularly have a significantly lower risk of an early death or fatal cardiovascular event than men who exercise regularly" National Institutes of Health

 Day 1: Full-Body Strength Training	 Day 2: Cardio & Core Focus	 Day 3: Lower Body & Glutes	 Day 4: Rest or Active Recovery	 Day 5: Upper Body & Arms	Day 6: HIIT or Flexibility Training	 Day 7: Rest & Recovery
<p>ACTIVITY:</p> <ul style="list-style-type: none">• Squats – 3 sets of 10 reps• Deadlifts – 3 sets of 8 reps• Dumbbell Shoulder Press – 3 sets of 10 reps• Bent-over Rows – 3 sets of 10 reps• Plank – 3 sets of 30 seconds	<p>ACTIVITY:</p> <ul style="list-style-type: none">• Treadmill Sprints – 20 minutes (30 sec sprint, 1 min walk)• Bicycle Crunches – 3 sets of 15 reps• Russian Twists – 3 sets of 20 reps• Hanging Leg Raises – 3 sets of 12 reps	<p>ACTIVITY:</p> <ul style="list-style-type: none">• Bulgarian Split Squats – 3 sets of 10 reps per leg• Hip Thrusts – 3 sets of 12 reps• Leg Press – 3 sets of 10 reps• Calf Raises – 3 sets of 15 reps	<p>ACTIVITY:</p> <ul style="list-style-type: none">• Light yoga or stretching• Low-impact activities like walking	<p>ACTIVITY:</p> <ul style="list-style-type: none">• Bench Press – 3 sets of 8 reps• Lat Pulldown – 3 sets of 10 reps• Dumbbell Bicep Curls – 3 sets of 12 reps• Tricep Dips – 3 sets of 10 reps	<p>ACTIVITY:</p> <ul style="list-style-type: none">• Jump Squats – 30 sec• Burpees – 30 sec• Mountain Climbers – 30 sec• Repeat for 4 rounds• Follow with yoga or mobility work	<p>ACTIVITY:</p> <ul style="list-style-type: none">• Foam rolling• Light stretching• Hydration and nutrition focus

Your Fitness Goals:

- **Strength & Muscle Building:** Focus on resistance training with progressive overload.
- **Fat Loss & Toning:** Combine strength training with high-intensity interval training (HIIT) and steady-state cardio.
- **Endurance & Overall Fitness:** Incorporate a mix of strength training and cardiovascular exercises.