

High Performance Personal Training LLC

Beginner Female Workout Schedule

Workout 1: Legs

Exercise	Bodypart worked	Sets / Reps	Typical client weight
Lying leg curls	Hamstrings	3 / 20	30
Leg press (plie')	Glutes &Thighs	3 / 20	0
Hyperextension	Hamstrings	3 / 20	-
Squats (free or smith)	Glutes &Thighs	3 / 20	50
Seated leg curls	Hamstrings		40
Walking lunges	Glutes &Thighs		-
Glute machine	Glutes	3 / 20	30
a. Abductor (legs go out)	Glutes	3 / 30	35-50
b. Adductor (legs go in) superset a&b	Inner thigh	3 / 30	95-110
Leg extension	Quads	3 / 30	30
Hanging leg raise	Abs – lower	3 / 20	-
Pelvic Tilts	Abs – lower	3 / 20	
Crunches	Abs – upper	3 / 20	

Workout 2: Upper Body

Exercise	Bodypart worked	Sets / Reps	Typical client weight
Incline dumbbell press	Chest	3 / 20	10
Flat flyes	Chest	3 / 20	7.5
Cable rows	Middle back	3 / 20	30
Pulldown machine	Lats	3 / 20	40
Front lateral raise /side lateral raise/ bent over lateral raise - tri set	front / side / rear deltoid	3 / 20	5
Dumbbell curl	Bicep	3 / 20	7.5
kickbacks	Triceps	3 / 20	5
triceps pushdown	Triceps	3 / 20	30
Overhead press	Deltoids	3 / 20	7.5
Forward leaning rope extensions	Triceps	3 / 20	30
Rotator cuff	Rotator cuff	3 / 20	5
Hanging leg raise	Abs – lower	3 / 20	
Pelvic Tilts	Abs – lower	3 / 20	
Crunches	Abs – upper	3 / 20	

Exercise demonstration photos: <http://www.gettrippedsite.com>

Beginners should train 3 nonconsecutive days per week alternating upper body and lower body workouts.