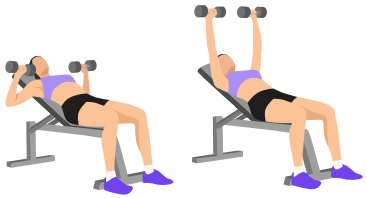
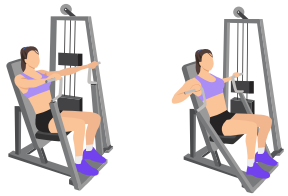
Beginner Workout Plan For Women

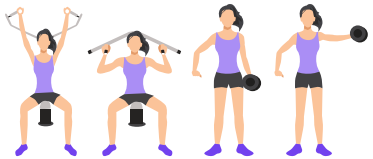
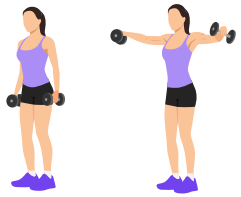
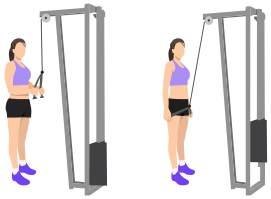
This four-day workout plan is tailored specifically for gym beginners. It is designed to help you build strength, improve muscle tone, and enhance overall fitness. By splitting your workouts into targeted push-pull, legs, and a full-body day, you'll effectively train all major muscle groups while allowing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

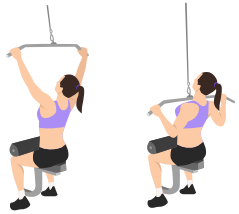
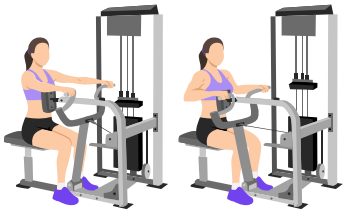
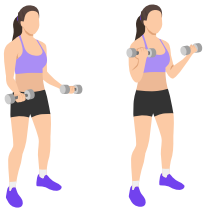
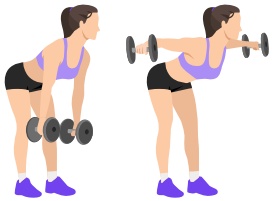
Disclaimer: This workout plan is a general guide and NOT a substitute for personalized training advice. Always consult with a qualified fitness professional or healthcare provider before starting any new exercise program, especially if you have pre-existing medical conditions, injuries, or concerns.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

How to use this plan	Key terms
Spread your workouts across the week with at least one rest or active recovery day between heavy sessions. A suggested schedule: • Day 1: Push (chest, shoulders, triceps) • Day 2: Pull (back, biceps, rear delts) • Day 3: Rest or active recovery • Day 4: Legs (quads, hamstrings, glutes) • Day 5: Full-body (compound movements) • Day 6: Active recovery or light cardio • Day 7: Rest	• **Reps (repetitions):** One complete cycle of an exercise. Example: "10–12 reps" means performing the movement 10–12 times consecutively before resting. • **Sets:** A group of repetitions. Example: "3 x 10–12" means 3 sets of 10–12 reps with rest in between. • **Rest periods:** Rest 30 seconds for lighter weights/higher reps or 60 seconds for heavier weights/ challenging exercises. • **Progressive overload:** Gradually increase reps to 12 and then increase weight as the exercises become easier to ensure continued strength gains.

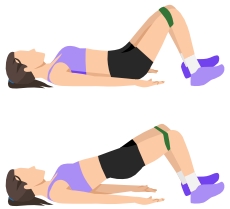
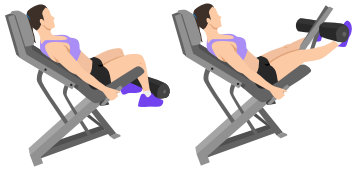
On the following pages, you'll find a detailed overview of the workout plan with exercises broken down by day, including instructions, sets, and reps. Each workout day focuses on specific muscle groups with guidance for proper form and progression. The final page provides a concise summary of the entire plan for quick reference.

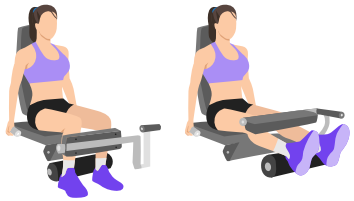
Day 1: Push (chest, shoulder and tricep focus)				
Exercise	**Muscles worked**	**Instructions**	**Sets x reps**	**Key tips**
Incline dumbbell bench press 	Upper chest, shoulders, triceps	1. Adjust the bench to 30-45 degrees. 2. Sit and hold dumbbells on your thighs. 3. Lie back and press dumbbells upward until your arms are extended. 4. Lower slowly to chest height. 5. Repeat for a set number of reps.	3 x 8	• Keep your back pressed against the bench. • Avoid locking elbows at the top. • Use controlled movements. • Exhale on the push, inhale on the return.
Chest press machine 	Chest, shoulders, triceps	1. Adjust the seat so the handles are at chest level. 2. Sit, grip the handles, and push them forward until your arms are straight. 3. Return handles slowly to the starting position. 4. Repeat for a set number of reps.	3 x 10	• Keep shoulders down and back. • Use a weight that allows smooth motion. • Avoid locking elbows at the top. • Focus on squeezing your chest as you press.

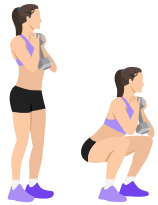
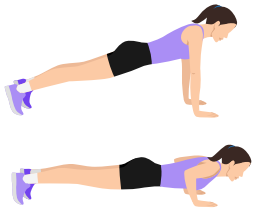
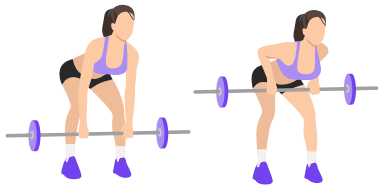
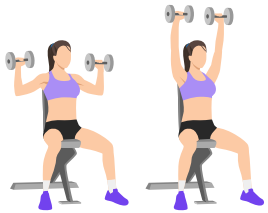
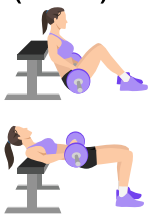
Day 1: Push (chest, shoulder and tricep focus)				
Exercise	**Muscles worked**	**Instructions**	**Sets x reps**	**Key tips**
Shoulder press (dumbbell or machine) 	Shoulders, triceps	1. Sit on a bench or shoulder press machine. 2. Hold dumbbells or machine handles at shoulder height. 3. Press weights upward until your arms are straight. 4. Lower back down slowly to the starting position. 5. Repeat for a set number of reps.	3 x 8	• Keep your core tight and back straight. • Avoid shrugging your shoulders. • Control the motion up and down. • Exhale as you push, inhale as you lower.
Lateral raises (dumbbells) 	Shoulders (lateral deltoids)	1. Stand holding dumbbells at your sides. 2. Lift arms outward to shoulder height, keeping a slight bend in your elbows. 3. Lower arms slowly to the starting position. 4. Repeat for a set number of reps.	3 x 10	• Keep movements slow and controlled. • Avoid swinging the weights. • Stop at shoulder height. • Engage your core for stability.
Tricep pushdowns (cable) 	Triceps	1. Attach a rope or straight bar to a cable machine. 2. Grip the attachment, palms facing down. 3. Push down until your arms are straight. 4. Return to the starting position. 5. Repeat for a set number of reps.	3 x 12	• Keep elbows close to your sides. • Focus on squeezing the triceps at the bottom. • Avoid using your shoulders or back. • Keep your movements smooth.
Notes				

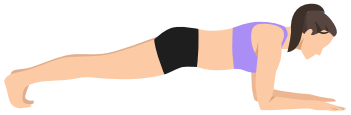
Day 2: Pull (back and bicep focus)				
Exercise	**Muscles worked**	**Instructions**	**Sets x reps**	**Key tips**
Lat pulldown machine 	Lats, biceps, rear shoulders	1. Sit at the machine and grip the bar with a wide, overhand grip. 2. Pull the bar down toward your chest, squeezing your shoulder blades together. 3. Slowly return the bar to the starting position. 4. Repeat.	3 x 8	• Keep your back straight and core engaged • Avoid pulling with your arms alone; keep shoulders down and away from your ears. • Think about pulling the bar toward your chest, not just down.
Seated row machine 	Back, biceps	1. Sit at the machine with your feet on the platform and grab the handles. 2. Pull the handles toward your torso, keeping your elbows close to your body. 3. Slowly return the handles to the starting position. 4. Repeat.	3 x 8	• Keep your chest upright and avoid rounding your shoulders. • Try squeeze your shoulder blades together at the end of the pull. • Move slowly and with control.
Face pulls (cable)	Rear delts, traps	1. Attach a rope to the cable machine and adjust it to chest height. 2. Grab the rope with both hands and pull it toward your face, keeping elbows high. 3. Slowly return to the starting position. 4. Repeat.	3 x 12	• Keep your chest lifted and focus on squeezing your rear shoulders. • Avoid leaning backward. • Use a light weight to focus on form.
Dumbbell bicep curls 	Biceps	1. Stand or sit with a dumbbell in each hand, palms facing forward. 2. Curl the dumbbells toward your shoulders, keeping your elbows stationary. 3. Slowly lower the dumbbells back to your sides. 4. Repeat.	3 x 10	• Avoid swinging the weights or using momentum. • Keep your elbows close to your torso. • Focus on controlling the movement.
Rear delt fly (dumbell) 	Rear delts	1. Hold a dumbbell in each hand and bend slightly forward at the hips. 2. Raise your arms outward to shoulder height, forming a "T" shape. 3. Lower the dumbbells slowly. 4. Repeat.	3 x 12	• Use light weights to maintain control. • Avoid shrugging your shoulders. • Keep your movements smooth and controlled.

Day 2: Pull (back and bicep focus)
Notes

Day 3: Legs				
Exercise	**Muscles worked**	**Instructions**	**Sets x reps**	**Key tips**
Leg press (machine) 	Quads, glutes, hamstrings	1. Sit in the machine with your back flat against the pad. 2. Place your feet shoulder-width apart on the platform. 3. Push the platform upward until your legs are straight (but don't lock your knees). 4. Lower the platform slowly until your knees are at about 90 degrees. 5. Repeat.	3 x 8	• Push through your heels, not your toes. • Avoid locking your knees at the top. • Keep movements controlled.
Walking lunges 	Quads, glutes, hamstrings	1. Hold dumbbells at your sides or perform without weights. 2. Step forward with one leg, lowering your back knee until it's just above the floor. 3. Push through your front heel to return to standing. 4. Alternate legs with each step.	3 x 10	• Keep your torso upright. • Use a comfortable stride length. • Focus on driving through the front heel.
Glute bridges 	Glutes, hamstrings	1. Lie on your back with your knees bent and feet flat on the floor, hip-width apart. 2. Press through your heels as you lift your hips toward the ceiling, squeezing your glutes at the top. 3. Lower your hips slowly to the floor. 4. Repeat.	3 x 10	• Avoid arching your back. • Squeeze your glutes at the top. • Keep your feet hip-width apart. • When this becomes too easy, progress to weighted hip thrusts
Step-ups 	Quads, glutes	1. Use a bench or sturdy platform. 2. Step onto the platform with one foot, then bring the other foot up to stand fully. 3. Step back down and repeat on the opposite leg.	3 x 12	• Focus on driving through your heel as you step up. • Keep your torso upright. • Use dumbbells for additional resistance.
Leg extensions (machine) 	Quads	1. Adjust the seat so your knees line up with the pivot point of the machine. 2. Extend your legs until they're straight, squeezing your quads. 3. Lower slowly back to the starting position. 4. Repeat.	3 x 12	• Avoid locking your knees at the top. • Use a moderate weight to avoid strain. • Focus on contracting your quads at the top of the movement.

Day 3: Legs				
Exercise	**Muscles worked**	**Instructions**	**Sets x reps**	**Key tips**
Leg curl (machine) 	Hamstrings	1. Sit or lie down in the machine with your legs straight and the pad positioned just above your ankles. 2. Curl your legs toward your glutes as far as the machine allows. 3. Slowly return to the starting position. 4. Repeat.	3 x 12	• Keep your hips flat on the seat or pad. • Move slowly and avoid using momentum. • Focus on fully contracting your hamstrings.
Notes				

Day 4: Full body				
Exercise	**Muscles worked**	**Instructions**	**Sets x reps**	**Key tips**
Goblet squats 	Quads, glutes, hamstrings	1. Hold a dumbbell or kettlebell close to your chest with both hands. 2. Stand with feet shoulder-width apart. 3. Push your hips back and lower into a squat, keeping your chest upright. 4. Push through your heels to return to standing. 5. Repeat.	3 x 12	• Keep your chest upright. • Avoid letting your knees collapse inward. • Go as low as comfortable with good form.
Push-ups (knees or full) 	Chest, shoulders, triceps	1. Start in a plank position on your hands and knees (or toes for full push-ups). 2. Lower your chest toward the floor, keeping your body straight. 3. Push back up to the starting position. 4. Repeat	3 x ____ sets to failure	• Keep your core tight. • Avoid sagging your hips. • Focus on controlled movement and full range of motion.
Barbell bent-over rows 	Back, biceps	1. Hold a barbell with an overhand grip, slightly wider than shoulder-width. 2. Bend your knees slightly and hinge forward at the hips, keeping your back straight. 3. Pull the barbell toward your waist, squeezing your shoulder blades. 4. Lower slowly and repeat.	3 x 8	• Avoid rounding your back. • Focus on squeezing your shoulder blades together. • Move in a controlled manner.
Dumbbell shoulder press 	Shoulders, triceps	1. Sit or stand holding a dumbbell in each hand at shoulder height. 2. Press the dumbbells upward until your arms are straight. 3. Lower back slowly to shoulder height. 4. Repeat.	3 x 8	• Keep your core tight to avoid arching your back. • Use light dumbbells if needed.
Hip thrust (barbell) 	Glutes, hamstrings	1. Set up with your back against an elevated surface like the bench. 2. Push through your heels to lift your hips toward the ceiling, squeezing your glutes at the top. Make sure to keep your chin tucked. 3. Lower slowly. 4. Repeat.	3 x 8	• Pause briefly at the top for better activation. • Keep your chin tucked and avoid overextending your back.

Day 4: Full body				
Exercise	**Muscles worked**	**Instructions**	**Sets x reps**	**Key tips**
Plank (forearms) 	Core	1. Position yourself on your forearms and toes, keeping your body in a straight line from head to heels. 2. Hold this position for the prescribed time.	3 x 30 seconds	• Keep your hips level. • Avoid letting your back sag or your hips rise. • Focus on engaging your core.
Notes				

Workout plan				
Day	**Workout focus**	**Warm-up**	**Exercises**	**Cool-down**
1	Push (chest, shoulders, triceps)	10 light cardio (e.g., treadmill, rowing machine)	• Incline dumbbell bench press • Chest press machine • Overhead dumbbell shoulder press • Lateral raises • Tricep pushdowns (cable)	10 of stretching
2	Pull (back, biceps, rear delt)	10 light cardio	• Lat pulldown machine • Seated row machine • Dumbbell bicep curls • Face pulls (cable) • Rear delt fly	10 of stretching
3	Legs	10 light cardio	• Leg press machine • Walking lunges • Glute bridges • Step-ups • Leg extensions (machine) • Leg curl (machine)	10 of stretching
4	Full-body (compound movements)	10 light cardio	• Goblet squats • Push-ups (knees or full) • Barbell bent-over rows • Dumbbell shoulder press • Hip thrust machine • Plank (bodyweight)	15 of stretching
Notes				

Additional tips for success	
• **Consistency is key** Stick to the plan and aim to complete all 4 workouts each week. Progress comes from regular effort over time. • **Prioritize proper form** Focus on mastering the correct technique before increasing weights. Proper form not only ensures better results but also reduces the risk of injury. • **Start with manageable eights** Choose a weight that challenges you but allows you to complete all reps with good form. Gradually increase the weight as exercises become easier. • **Stay hydrated** Drink water before, during, and after your workout to keep your body functioning optimally. • **Fuel your body** Pair your workouts with a balanced diet rich in protein, complex carbs, and healthy fats to support muscle recovery and overall energy. • **Rest and recovery** Ensure you get 7–8 hours of sleep per night and allow for rest days between workouts to let your muscles recover and grow.	• **Track your progress** Keep a log of the weights, reps, and sets you complete. This will help you monitor your progress and motivate you to keep improving. • **Set realistic goals** Focus on small, achievable milestones like increasing reps, improving form, or lifting slightly heavier weights. Celebrate your progress along the way! • **Warm up and cool down** Don't skip the warm-up or cool-down. Properly preparing your body prevents injuries, and stretching afterward improves flexibility and recovery. • **Ask for help** If you're unsure how to use a machine or perform an exercise, don't hesitate to ask a gym trainer or staff member for guidance