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# 12 WEEK WOMEN'S WORKOUT PROGRAM

This 12 week women's specific training program is perfect for any healthy woman who is looking to transform her body through a good weight lifting program.

Link to Workout: <https://www.muscleandstrength.com/workouts/muscle-and-strength-womens-workout>

**Main Goal:** Lose Fat

**Training Level:** Beginner

**Program Duration:** 12 Weeks

**Days Per Week:** 5 Days

**Time Per Workout:** 45-60 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar

**Author:** Team Muscle & Strength



## Day 1 - Legs & Glutes

Exercise	Sets	Reps
<b>Legs</b>		
1. Squat	3-4	8-12
2. Dumbbell Lunges	2-3	10-15
3. Dumbbell Step-Up	2-3	10-15
<b>Glutes</b>		
4. Seated Hip Thrust	3	8-12
5. Glute Cable Kickback	2-3	10-15
<b>Cardio</b>		
15 Min of HIIT on Treadmill at a 10-15% Incline		

## Day 2 - Back & Arms

Exercise	Sets	Reps
<b>Back</b>		
1. Flat Backs	3-4	8-12
2. One Arm Dumbbell Row	2-3	10-15
3. Seated Cable Row	2-3	10-15
<b>Arms</b>		
4a. Dumbbell Curl	3	10
4b. Seated Dumbbell Extension	3	10
5a. Cable Curl	3	10
5b. Cable Tricep Extension	3	10
<b>Cardio</b>		
20 Min of Moderate Intensity on Treadmill		

1 of 1

12 WEEK WOMEN'S WORKOUT PROGRAM

How to use: Always perform training program in order. For best results, perform all exercises in the order listed. If you are unable to perform an exercise, skip it or substitute it with a similar one.

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Day 3 - Legs & Glutes

Exercise	Sets	Reps
<b>Legs</b>		
1. Goblet Squat	3-4	8-12
2. Romanian Deadlift	2-3	10-15
3. Dumbbell Split Squat	2-3	10-15
<b>Glutes</b>		
4. Glute Machine Glute Bridge (Glute Push)	3	8-12
5. Glute Kick Back	3	10
<b>Cardio</b>		
20 Min of Low Intensity on Treadmill at a 10-15% Incline		

## Day 4 - Chest & Shoulders

Exercise	Sets	Reps
<b>Chest</b>		
1. Dumbbell Bench Press	3-4	8-12
2. Incline Dumbbell Press	2-3	10-15
3. Machine Chest Fly	2-3	10-15
<b>Shoulders</b>		
4. Seated Dumbbell Press	3-4	8-12
5. Lateral Press	2-3	10-15
<b>Cardio</b>		
10 Min of HIIT on Power or Stationary Bike		

## Day 5 - Legs & Arms

Exercise	Sets	Reps
<b>Legs</b>		
1. Squat	3-4	8-12
2. Glute Bridge	2-3	10-15
3. Leg Extension	2-3	10-15
<b>Arms</b>		
4. Incline Dumbbell Curl	3	10
5. Incline Dumbbell Tricep	3	10
<b>Cardio</b>		
20 Min of Moderate Intensity on Treadmill		

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Day 1 - Chest & Shoulders

Exercise	Sets	Reps
<b>Chest</b>		
1. Dumbbell Bench Press	3-4	8-12
2. Incline Dumbbell Press	2-3	10-15
3. Machine Chest Fly	2-3	10-15
<b>Shoulders</b>		
4. Seated Dumbbell Press	3-4	8-12
5. Lateral Press	2-3	10-15
<b>Cardio</b>		
15 Min of HIIT on Power or Stationary Bike		

## Day 5 - Legs & Arms

Exercise	Sets	Reps
<b>Legs</b>		
1. Squat	3-4	8-12
2. Glute Bridge	2-3	10-15
3. Leg Extension	2-3	10-15
<b>Arms</b>		
4. Incline Dumbbell Curl	3	10
5. Incline Dumbbell Tricep	3	10
<b>Cardio</b>		
20 Min of Moderate Intensity on Treadmill		

## Weekend - Light Activity (Recovery Walks)

Exercise	Sets	Reps
<b>Optional Mile</b>		
1. Walk	3	20-30 Mins
2. Light Jog or Run	3	10
3. Squat	3	10
4. Side Crunches	3	10-15 Mins

# Bikini Competition 12 Week Training Guide

**Aquatic Exercise Association**

A red circular graphic with a gradient, appearing as a stylized drop or a partial circle, located to the right of the Aquatic Exercise Association text.

## **Bikini Competition 12 Week Training Guide:**

Aquatic Fitness Professional Manual Aquatic Exercise Association, 2025-03-13 Water exercise is a proven fitness activity with health and well being benefits for all age groups abilities and fitness levels As such it is one of the most popular fitness trends among those seeking effective reduced impact options for group exercise small group training personal sessions and rehabilitation therapy As the primary preparation resource for the certification exam of the Aquatic Exercise Association AEA and a recommended resource for the certification exam of the Aquatic Therapy Rehab Institute ATRI Aquatic Fitness Professional Manual Eighth Edition is the most comprehensive resource available to help you design and lead effective exercise sessions in the pool With contributions from 23 industry experts Aquatic Fitness Professional Manual covers the foundations of fitness and exercise the aquatic environment and instruction and programming You will learn how to energize your teaching with techniques based on popular fitness formats such as functional training yoga boot camp Ai Chi circuits and intervals and programs for various chronic conditions You ll also find updated information on shallow and deep water exercise Presenting a new full color format and updates that reflect the latest research and exercise guidelines the eighth edition also incorporates the following AEA standards and guidelines for aquatic fitness programming Expanded guidelines for working with special populations and those with health conditions including dementia and autism spectrum disorder Facts about the benefits of exercise on cognitive health and programming ideas for cognitive fitness training A new section on diversity equity inclusion and accessibility For those preparing for the AEA Aquatic Fitness Professional certification exam you ll find a detailed glossary and index key chapter concepts at the beginning of each chapter and a summary and review questions at the conclusion of each chapter to help you study Additionally downloadable resources delivered online through HKPropel include practical tools such as instructor worksheets and sample class formats Nowhere else will you find the fitness applications and comprehensive programming you need in one convenient resource Aquatic Fitness Professional Manual will not only help you in preparing for certification but also aid you in cultivating the critical skills needed to lead safe enjoyable and effective aquatic exercise programs Note A code for accessing HKPropel is included with this ebook

*Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners - Run Farther, Faster, and Injury-Free* Melissa Breyer, Pete Magill, Thomas Schwartz, 2014-07-29 The best running book ever Bob Anderson founder of Runner s World Whether you re a miler or an ultramarathoner if you want a fit fast and injury resistant running body there s a better way to train than relentlessly pursuing mileage This easy to use workout manual draws on the latest research in running physiology to target all the components that go into every stride including muscles connective tissue cardiovascular fitness energy production the nervous system hormones and the brain With the breakthrough whole body training program in Build Your Running Body runners will improve their times run longer and more comfortably and reduce injury With more than 150 workouts from weightlifting and cross training to resistance exercises and plyometrics fine

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**Meeting the Physical Therapy Needs of Children** Susan K Effgen,2012-09-12 Ensure children with disabilities and special healthcare needs achieve their full potential Noted authority Susan Effgen and a team of scholars and clinical experts explore the role of the physical therapist in meeting the needs of children and their families in a culturally appropriate context using a family centered abilities based model The 2nd Edition of this landmark text has been thoroughly revised updated and expanded to encompass all of today s new theories clinical applications and skills From the major body systems to assistive technology and intervention support you ll develop the clinical knowledge you need to provide a child with the very best care from initial examination to graduation from your services

**Science and Application of High-Intensity Interval Training** Laursen, Paul,Buchheit, Martin,2019 The popularity of high intensity interval training HIIT which consists primarily of repeated bursts of high intensity exercise continues to soar because its effectiveness and efficiency have been proven in use by both elite athletes and general fitness enthusiasts Surprisingly few resources have attempted to explain both the science behind the HIIT movement and its sport specific application to athlete training That s why Science and Application of High Intensity Interval Training is a must have resource for sport coaches strength and conditioning professionals personal trainers and exercise physiologists as well as for researchers and sport scientists who study high intensity interval training

*Dancing for Weight Loss* Nicole Enrique,2015-11-23 Dance may have been created for enjoyment aesthetic expression and socialisation but these days it is considered one of the most effective ways of exercising for WEIGHT LOSS In this Book DANCING FOR WEIGHT LOSS you will learn some of the things that make dance or dancing an excellent method of getting FIT AND HEALTHY Get all the info you need most are here By reading through this Book DANCING FOR WEIGHT LOSS you will learn why dancing is a good workout for WEIGHT LOSS and what specific types of dances dance moves and steps contribute to realisation of that objective You will sums up the lessons you can get from dancing as a better method of LOSING WEIGHT

*The Complete Guide to Soccer Fitness and Injury Prevention* Donald T. Kirkendall,William E. Garrett,2007 Provides information about physical fitness for the soccer player discussing nutrition and fluid intake skills training and the prevention and treatment of injuries

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National Association for Girls & Women in Sport,1985 *Fitness, Inc* Robert E. Pritchard,Gregory C. Potter,1990

*Physical Training; Supplement to Association Men* ,1977      *Kathy Smith's Winning Workout* Kathy Smith,Judy  
 Jones,1987      **The Journal of Physical Education** ,1977      *Journal of Sports Medicine and Physical Fitness* ,2006  
**Coach's Guide to Excellence** USA Wrestling (Organization),1995      *Athletic Training and Physical Fitness* Jack H.  
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