

# THE ULTIMATE 10-WEEK FULL BODY WORKOUT PLAN FOR FEMALES

Created by: [Murshid Akram](#)

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Strength training isn't limited to men only, females have also become serious about lifting weights and getting strong.

Many women lift weights to build strength, increase muscle tone, improve endurance, and enhance physical and mental well-being.

So, if you're also planning to start strength training, this may be the best time for you.

And when it comes to starting weight training, there's no better routine than the [full-body workout](#).

The total-body workout is a [popular training program](#) that involves performing exercises for every major muscle group within each session.

It is a great way to enhance overall fitness, from developing strong muscles to improving cardiovascular fitness.

In this article, I've shared an ultimate 10-week full body workout plan for females that can help build foundational strength, shape your physique, and take your fitness to the next level.

## Schedule

This workout program includes lifting three times a week (alternate day). A 3-day full body workout routine allows you to target every muscle group efficiently and help achieve decent results.

The one session will take around 45 minutes to one hour to complete. You can increase and decrease the session's duration based on your fitness level.

**Warm-up:** Start your training session with 10 minutes of warm-up workout, then perform the main lifting exercises. Here are some examples of warm-up exercises you can do before strength training:

| Warm-up 1                      | Warm-up 2                        |
|--------------------------------|----------------------------------|
| Front Leg Swings (10 reps/leg) | 5-min Full Body Foam Rolling     |
| Jumping Jacks (15-sec)         | Inchworm (15-sec)                |
| Mountain Climber (15-sec)      | Lateral Leg Swings (10 reps/leg) |
| High Knees (15-sec)            | Mountain Climber (15-sec)        |
| Bear Crawls (30-sec)           | Squat Jumps (10 reps)            |
| Treadmill (5 min)              | Stationary Bike (5 min)          |

Okay! So, here's the complete 10-week female full body workout plan.

## Week 1

Perform three sets of 10 to 12 reps with one to three minutes of rest between sets.

| Monday                                  | Wednesday       | Friday              |
|---|-----------------|---------------------|
| Dumbbell Squat                          | DB Front Lunges | Leg Press           |
| Chin-ups                                | Overhead Press  | Seated Cable Rowing |
| Front Lat Pulldown                      | Pec Deck Fly    | Knee Push-ups       |
| <a href="#">Incline DB Bench press</a>  | Unilateral Row  | Dumbbell Curl       |
| <a href="#">Dumbbell Lateral Raises</a> | DB Hip Thrust   | Machine Leg Curl    |

## Week 2

- Sets: 3
- Reps: 10-15
- Rest: 1-3 minutes

| Monday                                   | Wednesday        | Friday                               |
|--|------------------|--------------------------------------|
| Leg Press                                | Flat Bench Press | Front Lat Pulldown                   |
| Military Press                           | Pec Deck Fly     | Seated Cable Rowing                  |
| Chin-ups                                 | DB Lateral Raise | Bar Dips                             |
| Reverse Pec Dec Fly                      | One-arm DB Row   | <a href="#">DB Romanian Deadlift</a> |
| <a href="#">One-arm Tricep Extension</a> | Step-up          | Hip Thrust                           |



## Week 3

- Sets: 3
- Reps: 10-15
- Rest: 1-3 minutes

| Monday           | Wednesday              | Friday              |
|------------------|------------------------|---------------------|
| Hack Squat       | Incline DB Bench Press | Rack Pull Deadlift  |
| Arnold Press     | Pec Deck Fly           | V-Grip Lat Pulldown |
| Chin-ups         | DB Lateral Raise       | Seated Cable Rowing |
| DB Rear Delt Fly | Barbell Curl           | Bar Dips            |
| Triceps Pushdown | Front Lunges           | Hip Thrust          |

## Week 4

- Sets: 3
- Reps: 10-15
- Rest: 1-3 minutes

| Monday              | Wednesday              | Friday              |
|---------------------|------------------------|---------------------|
| Hack Squat          | Incline DB Bench Press | Pop Squats          |
| Arnold Press        | Pec Deck Fly           | V-Grip Lat Pulldown |
| Chin-ups            | DB Lateral Raise       | Barbell T rowing    |
| Reverse Pec Dec Fly | Preacher Curl          | Bar Dips            |
| Triceps Pushdown    | Hip Thrust             | Romanian Deadlift   |

## Week 5

- Sets: 3
- Reps: 10-15
- Rest: 1-3 minutes

| Monday                         | Wednesday              | Friday                            |
|--------------------------------|------------------------|-----------------------------------|
| Hack Squat                     | Incline DB Bench Press | Conventional Deadlift             |
| Chin-ups                       | Pec Deck Fly           | V-Grip Lat Pulldown               |
| Seated IYT Raises              | DB Lateral Raise       | One-arm DB Row                    |
| Diamond Push-up                | Preacher Curl          | Bar Dips                          |
| <a href="#">H2L Cable Chop</a> | Hip Thrust             | <a href="#">Dumbbell Leg Curl</a> |



## Week 6

- Sets: 3
- Reps: 10-15
- Rest: 1-3 minutes

| Monday             | Wednesday                                 | Friday                          |
|--------------------|---|---------------------------------|
| Back Squat         | Incline DB Bench Press                    | Conventional Deadlift           |
| Chin-ups           | H2L Cable Chest Fly                       | Medium-Grip Lat Pulldown        |
| Incline IYT Raises | <a href="#">1-arm Cable Lateral Raise</a> | Bent-over Barbell Row           |
| Rope Pushdown      | Concentration Curl                        | Bar Dips                        |
| H2L Cable Chop     | Hip Thrust                                | <a href="#">Prone Frog Curl</a> |

## Week 7

- Sets: 3
- Reps: 10-15
- Rest: 1-3 minutes

| Monday            | Wednesday           | Friday                         |
|-------------------|---------------------|--------------------------------|
| DB Front Lunges   | Flat DB Bench Press | Pop Squats                     |
| Chin-ups          | Seated Machine Fly  | V-Grip Lat Pulldown            |
| Seated IYT Raises | DB Lateral Raise    | Seated Cable Row               |
| Rope Pushdown     | Rear Delt DB Raises | Bar Dips                       |
| H2L Cable Chop    | Hip Thrust          | <a href="#">Long Leg March</a> |

## Week 8

- Sets: 3
- Reps: 10-15
- Rest: 1-3 minutes

| Monday                          | Wednesday                 | Friday                              |
|---------------------------------|---------------------------|-------------------------------------|
| <a href="#">Barbell Jammers</a> | Flat DB Bench Press       | Conventional Deadlift               |
| Chin-ups                        | H2L Cable Chest Fly       | V-Grip Lat Pulldown                 |
| Curtsy Lunge                    | 1-arm Cable Lateral Raise | One-arm DB Row                      |
| Skull Crusher                   | Barbell Shrug             | Bar Dips                            |
| H2L Cable Chop                  | Leg Extension             | <a href="#">Dumbbell Frog Pumps</a> |



## Week 9

- Sets: 3
- Reps: 10-15
- Rest: 1-3 minutes

| Monday         | Wednesday                 | Friday                         |
|----------------|---------------------------|--------------------------------|
| Back Squat     | Flat DB Bench Press       | Cursty Lunges                  |
| Chin-ups       | H2L Cable Chest Fly       | V-Grip Lat Pulldown            |
| Curtsy Lunge   | 1-arm Cable Lateral Raise | Seated Cable Row               |
| Skull Crusher  | Barbell Shrug             | Bar Dips                       |
| H2L Cable Chop | Step-up                   | <a href="#">Single-leg RDL</a> |

## Week 10

- Sets: 3
- Reps: 10-15
- Rest: 1-3 minutes

| Monday          | Wednesday                 | Friday                                |
|-----------------|---------------------------|---------------------------------------|
| Barbell Jammers | Flat DB Bench Press       | Conventional Deadlift                 |
| Chin-ups        | H2L Cable Chest Fly       | V-Grip Lat Pulldown                   |
| Curtsy Lunge    | 1-arm Cable Lateral Raise | One-arm DB Row                        |
| Skull Crusher   | Barbell Shrug             | Bar Dips                              |
| H2L Cable Chop  | Leg Press                 | <a href="#">Bulgarian Split Squat</a> |

## Key Tips for Achieving Optimal Results

1. Consume a light meal prior to the workout to optimize your performance. You can take your pre-workout meal 30 minutes to 2 hours before the training, depending on the kind of food you consume. Examples include chicken salad, oatmeal, energy bars, and peanut butter with toast.
2. Try to exercise when you feel the most active. It could be morning, afternoon, or evening.
3. Keep yourself hydrated during the workout to prevent injuries and uneasiness and enhance performance.



4. Never skip your post-workout meal, as it plays a crucial role in muscle building. You can take 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example, know your goal before deciding the quantity). Examples of post-workout meals: Protein shake and banana, grilled chicken with roasted vegetables and rice, and oatmeal with yogurt, almonds, and berries.
5. Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

## Frequently Asked Questions (FAQs)

### Does Lifting Weight Makes Women Bulky?

Whether male or female, lifting weights is necessary for everyone who wants to have strong muscles, better body composition, and healthy cardiovascular health. Weight training doesn't make women bulky, aimlessly eating, improper sleeping, sedentary lifestyle, and genetics do.

### Can This Program Help Lose Weight?

No. As long as you take care of your macros and consume more calories than your body needs, no workout program will be able to shed off fats. However, this program can help build strong muscles, improve your shape, and enhance your overall fitness.

### Can You Perform Cardio on Rest Days?

Yes, you can do [low-impact aerobic exercises](#) to enhance your cardiovascular fitness. However, it entirely depends on your fitness level and goal.

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