

Workout Plan To Gain Weight For Females

I've created a sample of a 6-day gym workout plan that may help females gain weight

This isn't a weekly routine, you'll need to complete the total 6-day routine and then repeat. For example, if you take a rest after every 2 days then on the fourth day you'll do the workouts of day 3. The rest day depends on you.

Routine Type: [Push/Pull/Legs](#), Duration: 60 Minutes, Rest Between Each Set: 2-3 Minutes

Day 1 (Push Exercises)

Exercise	Reps & Sets
Bench Press	12, 10, 8 reps
Incline Dumbbell Press	12, 10, 8 reps
Overhead Press	10 reps x 3 sets
Lateral Raise	8 reps x 3 sets
Pushup	10 reps x 2 sets
Rope Pushdown	10 reps x 3 sets
Tricep Dips	10 reps x 3 sets

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Day 2 (Pull Workout)

Exercise	Reps & Sets
Lat Pulldown	12, 10, 8 reps
Barbell Bent Over Row	12, 10, 8 reps
Single-arm DB Rowing	10 reps x 3 sets
Seated Cable Rowing	10 reps x 3 sets
Cable Bicep Curl	12, 10, 8 reps
Preacher Curl	12, 10, 8 reps
Wrist Curl	10 reps x 3 sets

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Day 3 – Quadriceps, Calves and Core

Exercise	Reps & Sets
Deadlift	AMRAP
Squat	15, 12, 10 Reps
Leg Press	15, 12, 10 Reps
Leg Extension	15, 12, 10 Reps
Calves Raise	15, 12, 10 Reps
Forearm Plank	30-60 Seconds
Side Plank	30 Seconds each side

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Day 4 – Push Workout

Workout	Sets and Reps
Incline Machine Chest Press	12, 10, 8 reps
Dumbbell Pullover	10, 8, 6 reps
Dumbbell Front Raise	10, 8, 6 reps
Upright Row	10, 8, 6 reps
Shrug	10, 8, 6 reps
Tricep Dip	12, 10, 8 reps
Triangle Pushup	10 Reps x 2 Sets

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Day 5 – Pull Exercise

Exercise	Reps and Sets
Pullups	AMRAP
Lat Pulldown	12, 10, 8 reps
Seated Cable Rowing	12, 10, 8 reps

Exercise	Reps and Sets
Face Pull	12, 10, 8 reps
DB Concentration Curl	12, 10, 8 reps
Dumbbell Incline Curl	12, 10, 8 reps
Palms Down Wrist Curl	12, 10, 8 reps

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Day 6 – Hamstrings, Glutes and Core

Exercise	Sets and Reps
Barbell Lunges	12, 10, 8 reps
Dumbbell Romain Deadlift	AMRAP
Hamstring Curl	12, 10, 8 reps
Bulgarian Split Squat	12, 10, 8 reps
Barbell Hip Thrust	12, 10, 8 reps
Side Hip Raise	12, 10, 8 reps
Forearm Plank	30-60 Seconds
Side Plank	30 Seconds each side