

Women's Muscle Building Workout Routine at Gym

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Female bodies work differently than males; that's why their workout plan is slightly different from theirs when it comes to gaining muscles.

Limited women work out to build muscle and increase weight. And if you're one of them, you can follow this women's muscle-building gym workout routine.

However, to see positive results, you should follow for at least a couple of months.

You'll do five days of workout with two days' rest in the below workout routine. And the rest days will be depending on you. You can take the rest days whenever you like during the week.

If you don't want to do a full-body workout routine, you can try one of the two workout routines – [7 Day Gym Workout Plan With PDF](#) and [5 Day Compound Workout Routine To Build Muscle](#)

Day 1

Exercise	Muscles Worked	Reps
Incline Pushup	Chest	10 x 2
Bench Press	Chest and Triceps	12, 10, 8
Incline Dumbbell Press	Chest and Front Delt	10, 8, 8
Barbell Overhead Press	Shoulder and Triceps	12, 10, 8
Bent-Arm Lateral Raise	Shoulder	10, 8, 8
Lat Pulldown	Back and Biceps	12, 10, 8
Deadlift	Back, Core and Leg	6, 5, 4

Day 2

Exercise	Muscles Worked	Reps
Lunges	Lower Body	10 x 2
Barbell Squat	Lower Body	10 x 2
Chin-ups	Back and Biceps	5-10 x 2
Barbell Bent Over Row	Back and Biceps	12, 10, 8
Incline Single-arm Dumbbell Rowing	Back and Rear Delt	10, 8, 6
Seated Machine Fly	Chest	12, 10, 8
Bench Dips	Triceps	10 x 2
Plank	Core	30-60 sec

Day 3

Exercises	Muscles Worked	Reps
Romanian Deadlift	Lower body, Back	AMRAP x 3 sets
Goblet Squat	Lower Body	10, 8, 6
Barbell Hip Thrust	Hips and Glutes	10, 8, 6
DB Overhead Press	Shoulder	10, 8, 6
Face pull	Back and Shoulder	AMRAP x 3 sets
Upright Row	Back and Shoulder	AMRAP x 3 sets
Narrow Grip Pushup	Chest, Triceps	10, 8, 6

Day 4

Exercises	Muscles Worked	Reps
Incline Barbell Bench Press	Chest and Front Delt	12, 10, 8
Dumbbell pullover	Chest and Back	10, 8, 6
DB Bent Arm Lateral Raise	Side Deltoid	10, 8, 8
Triceps Kickback	Triceps	10, 8, 8
Seated Cable Rowing	Back	12, 10, 8
Incline Dumbbell Curl	Biceps	10, 8, 8

Exercises	Muscles Worked	Reps
Leg Press	Leg	12, 10, 8

Day 5

Exercises	Muscles Worked	Reps
Barbell Squat	Quads	12, 10, 8
Hamstring Curl	Hamstrings	10, 8, 8
Chin-ups	Biceps and Back	5-10 x 3
Lat Pulldown	Back and Biceps	12, 10, 8
T Bar Rowing	Back	10, 8, 8
DB Bench Press	Chest	10, 8, 8
Bench Dips	Triceps	10, 8, 8
Weighed Glute Bridge	Glutes	12, 10, 8
Plank and side plank	Core	30-60 sec

I hope you liked the routines.

You can change or replace any workout you don't do with the exercise you prefer.

You can incorporate some of the below exercises in the following weeks of training.

1. [List Of Compound Exercises](#)
2. [Dumbbell Pullover](#)
3. [DB Rear Delt Exercises](#)
4. [Dumbbell Squat Swing](#)
5. [Clean And Press](#)
6. [Glute And Hamstring Workout](#)
7. [Kettlebell Pushups](#)
8. [Dumbbell Lower Chest Exercises](#)
9. [Knee Push-Ups](#)
10. [Weighted Pushup](#)
11. [Dumbbell Leg Extension](#)

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