



8-WEEK BEGINNER WORKOUT FOR WOMEN

 Main Goal
GAIN MUSCLE & STRENGTH

 Workout Type
STRENGTH TRAINING

This 8-week workout plan is designed for beginner women to build strength using four key movement patterns: push, pull, squat, and hinge. These are the basic moves you'll rely on to strengthen multiple muscle groups at once and build a solid foundation.

Program Duration 8 Weeks	Days Per Week 3 Days	Time Per Workout 45 - 60 Mins	Target Gender Female	Training Level Beginner
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WORKOUT SCHEDULE

WEEK 1	Days 1-7	WEEK 2	Days 8-14	WEEK 3	Days 15-21	WEEK 4	Days 22-28
<input type="radio"/> 1	Full Body A	<input type="radio"/> 8	Full Body A	<input type="radio"/> 15	Full Body A	<input type="radio"/> 22	Full Body A
<input type="radio"/> 2	Rest	<input type="radio"/> 9	Rest	<input type="radio"/> 16	Rest	<input type="radio"/> 23	Rest
<input type="radio"/> 3	Full Body B	<input type="radio"/> 10	Full Body B	<input type="radio"/> 17	Full Body B	<input type="radio"/> 24	Full Body B
<input type="radio"/> 4	Rest	<input type="radio"/> 11	Rest	<input type="radio"/> 18	Rest	<input type="radio"/> 25	Rest
<input type="radio"/> 5	Full Body C	<input type="radio"/> 12	Full Body C	<input type="radio"/> 19	Full Body C	<input type="radio"/> 26	Full Body C
<input type="radio"/> 6	Rest	<input type="radio"/> 13	Rest	<input type="radio"/> 20	Rest	<input type="radio"/> 27	Rest
<input type="radio"/> 7	Rest	<input type="radio"/> 14	Rest	<input type="radio"/> 21	Rest	<input type="radio"/> 28	Rest
WEEK 5	Days 29-35	WEEK 6	Days 36-42	WEEK 7	Days 43-49	WEEK 8	Days 50-56
<input type="radio"/> 29	Full Body A	<input type="radio"/> 36	Full Body A	<input type="radio"/> 43	Full Body A	<input type="radio"/> 50	Full Body A
<input type="radio"/> 30	Rest	<input type="radio"/> 37	Rest	<input type="radio"/> 44	Rest	<input type="radio"/> 51	Rest
<input type="radio"/> 31	Full Body B	<input type="radio"/> 38	Full Body B	<input type="radio"/> 45	Full Body B	<input type="radio"/> 52	Full Body B
<input type="radio"/> 32	Rest	<input type="radio"/> 39	Rest	<input type="radio"/> 46	Rest	<input type="radio"/> 53	Rest
<input type="radio"/> 33	Full Body C	<input type="radio"/> 40	Full Body C	<input type="radio"/> 47	Full Body C	<input type="radio"/> 54	Full Body C
<input type="radio"/> 34	Rest	<input type="radio"/> 41	Rest	<input type="radio"/> 48	Rest	<input type="radio"/> 55	Rest
<input type="radio"/> 35	Rest	<input type="radio"/> 42	Rest	<input type="radio"/> 49	Rest	<input type="radio"/> 56	Rest

In just 8 weeks, this beginner workout for women will help you build a solid foundation of strength, muscle, and confidence. By focusing on full-body, compound movements, you'll develop balanced muscle growth and improve overall fitness. Stick to the plan, prioritize recovery, and remember to push yourself without overdoing it. Consistency is key - follow the program, track your progress, and you'll be well on your way to achieving lasting results in your fitness journey.

To help you stay consistent and on track, you can access this plan by signing up for Trainest Premium. Additionally, you can request a personalized workout plan, which our certified coaches will tailor specifically to your needs.

Post your post-workout selfies in IG and tag @trainestapp, #trainest, or DM them to us to get a shoutout on Trainest Stories!



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WORKOUTS Use the workouts below along with your workout schedule to know exactly when to perform each workout. If you need assistance with understanding how to perform an exercise visit www.trainest.com.


FULL BODY A	
WARM UP	EXECUTION
Bodyweight Squat	1 x 30 Sec
Band Pull Apart	1 x 1 Min
Glute Bridge Walkout	1 x 30 Sec
MAIN EXERCISE	EXECUTION
Trap Bar Squat	2 Sets, 6-8 Reps
Cable Pull Throughs	2 Sets, 8-10 Reps
Band Assisted Chin Up (From Foot)	2 Sets, 6-8 Reps
Barbell Bench Press	2 Sets, 6-8 Reps
Stability Ball Leg Curl	1 Set, 8-10 Reps
Bodyweight Glute Bridge	1 Set, 10-15 Reps
COOL DOWN	EXECUTION
Child's Pose	1 x 1 Min (30sec each side)
Lying Hamstring Stretch	1 x 1 Min (30sec each side)
Time Per Workout: 47 Mins Equipment Required: Trap Bar, Cables, Resistance Bands, Barbells, Squat Rack, Flat Bench, Stability Ball	

FULL BODY B	
WARM UP	EXECUTION
Cat Cows	1 x 1 Min
Frog Squat	1 x 30 Sec
Dumbbell Face Pull	1 x 30 Sec
MAIN EXERCISE	EXECUTION
Incline Dumbbell Row	2 Sets, 6-8 Reps
Dumbbell Goblet Squat	2 Sets, 6-8 Reps
Standing Dumbbell Front Raises	1 Set, 8-10 Reps
Cable Y Raise	2 Sets, 10-12 Reps
Cable Hip Abduction	1 Set (each side), 8-10 Reps
Kettlebell Swing	2 Sets, 10-15 Reps
COOL DOWN	EXECUTION
Half Kneeling Hip Flexor Stretch	1 x 1 Min (30sec each side)
Shoulder to Floor Stretch	1 x 1 Min (30sec each side)
Time Per Workout: 51 Mins Equipment Required: Dumbbells, Incline Bench, Cables, Kettlebells	

FULL BODY C	
WARM UP	EXECUTION
Single Leg Deadlift (Bodyweight)	1 x 30 Sec (15sec each side)
YTW	1 x 1 Min
Incline Push Up	1 x 30 Sec
MAIN EXERCISE	EXECUTION
Reverse Hyperextension	2 Sets, 8-10 Reps
Barbell Bench Press	2 Sets, 6-8 Reps
Dumbbell Front Squats	2 Sets, 6-8 Reps
T-bar Rows	2 Sets, 6-8 Reps
Standing Dumbbell Curl	1 Set, 8-10 Reps
Dumbbell Skull Crushers	1 Set, 8-10 Reps
COOL DOWN	EXECUTION
Straddle	1 x 1 Min
Cat Cow	1 x 1 Min
Time Per Workout: 47 Mins Equipment Required: Flat Bench, Barbells, Dumbbells, Landmine Lever	

WORKOUT TIPS

- Train close to failure; slower reps signal you're close. Avoid underestimating to maximize gains.
- Rest 2-3 minutes between sets for full recovery and effort.
- Gradually increase reps, time, or weight weekly to ensure progress.
- Track body weight, measurements (arms, waist, hips, thighs), and photos bi-weekly to monitor changes.



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