Whole Body Strength
Women
Whole Body Strength for Women

Introduction
This exercise routine is created specifically for women who want to focus on toning and strengthening their overall body. Included in this workout are a range of exercises focusing on different muscle groups within the body.

*Exercise intensity – moderate to high.*

Warm Up
This workout should begin with a 5-10 minute cardiovascular activity/exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

Workout Tips
- Hydration is vital while exercising. Ensure your client is drinking water throughout the session.
- Advise your client that a banana is a great pre-workout food to have 30-45 minutes prior and a protein and carb focused meal is a great post-workout meal, i.e. chicken and rice.
- Strength training is best performed before cardio to ensure your client has enough energy to correctly perform a strength building routine.
- Inform the client that a rest day between strength training is advised. Once they improve and adapt to the program they can have consecutive strength training days. Three strength training days in a row is not recommended unless separate muscle groups are programmed.
- To promote muscle growth for you client, rest between sets should be 30-45 seconds long.
- Focus on the client’s technique and posture throughout the workout.

Cool Down
This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.
Skipping - Jump Rope

• Stand, feet close together, ends of rope in either hand
• Swing rope overhead
• Repeatedly jump or hop over the rope
• Ground contact on balls of feet
• Soft ground contacts

Complete 1 sets of 5 minutes repetitions. Rest 30s between sets.

Shoulder Press - Dumbbell with Twist

• Stand or sit with a dumbbell in each hand
• Position dumbbells in front of chest, palms facing towards the chest
• Press dumbbells overhead while rotating the arms to allow the palms to end facing forward
• Elbows remain directly under hands throughout the movement
• Slowly lower dumbbells back to start position

Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

Lat Pulldown

• Sit upright, look forward
• Wider than shoulder width grip
• Palms facing forward
• Pull bar to chin
• Return bar to start position

Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.
Seated Row

• Sit on machine
• Grasp handle, sit tall
• Extend the legs
• Pull handle to abdomen, retract shoulder blades
• Maintain upright posture

Complete 2-4 sets of 8-10 repetitions. Rest 30s between sets.

Fly - Flat Bench

• Lie on bench, dumbbell in each hand
• Start with dumbbells directly above shoulders
• Arms slightly flexed, palms facing inward
• Lower dumbbells laterally
• Slightly arch upper back, feel stretch across chest
• Lift dumbbells back to start position

Complete 2-4 sets of 8-10 repetitions. Rest 30s between sets.

Reverse Fly - Bent Over

• Stand dumbbell in each hand, palms facing inward
• Slightly flex knees, bend forward from hips
• Hands in front of knees
• Lift dumbbells laterally, pause at top of action
• Return dumbbells to start position
• Keep arms slightly bent & torso stable throughout

Complete 2-4 sets of 8-10 repetitions. Rest 30s between sets.

Spilt Squat - Back Foot Elevated - Weight Overhead

• Start in a split squat position, rear foot on box or bench
• Hold a weight overhead with arms straight
• Perform split squat in controlled manner
• Maintain upright torso

Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.
### Opposite Arm & Leg Extension - Kneeling

- Kneel with hands on floor below shoulders
- Present lower abdominals
- Lift alternate arm & leg whilst maintaining neutral spine position
- Repeat on the other side

Complete 2-4 sets of 10-12 repetitions. Rest 30s between sets.

### Pike - Exercise Ball

- Hands on floor, feet on the ball
- Body parallel to floor
- With straight legs, invert torso & roll ball towards hands
- Return slowly to start position

Complete 2-4 sets of 8-12 repetitions. Rest 40s between sets.

### Leg Curl - Single Leg On Exercise Ball

- Lie on floor, one heel on crest of the ball
- Other heel slightly above ball
- Hips extended - shoulders, hips, knees & ankles align
- Bend knee to roll ball to buttocks
- Extend leg to return to start position
- Ensure hips remain square with shoulders
- Torso maintains a stable position throughout

Complete 2-4 sets of 8-10 repetitions. Rest 30s between sets.

### Elbow to Knee Crunch - Alternate Leg Extensions

- Lie face up, hands behind low area of neck
- Bend knees to 90 degrees, feet off floor
- Curl up through the mid section & touch opposite elbow & knee
- At the same time extend the other leg
- Maintain the curl up position & repeat action on other side

Complete 2-4 sets of 25 repetitions. Rest 30s between sets.
### Cobra Stretch

- Lie face down, feet & legs together, toes pointed
- Hands flat on the floor, elbows by side
- Inhale, push pubic bone into the floor
- Slowly extend elbows, lift chest & head & gaze upward
- Pull shoulder blades down & back
- Hold for 5-8 breaths
- Exhale, slowly lower head to the floor, relax completely

Hold for 20-30 seconds. Repeat 2-5 times.

### Glute Stretch - Lying - Legs Crossed

- Lie on back, knees bent
- Place one foot across opposite knee
- Grasp shin of the support leg
- Pull toward chest

Hold for 20-40 seconds. Repeat 1-3 times.

### Hamstring Stretch - Inverted "V"

- From a standing position, place hands on floor
- Keep heels and palms flat on floor
- Attempt to flatten spine & keep legs straight
- Line of legs, torso and arms should resemble an inverted "V"

Hold for 20-40 seconds. Repeat 1-3 times.