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## Weight lifting routine for beginners female

Beginner Workout Plan for Women Offers Confidence Boost at the Gym New York-based certified personal trainer Carolina Araujo shared a beginner-friendly workout plan designed to help women feel more confident in the gym. A well-structured weekly schedule is key to success, allowing women to tackle full-body exercises and recovery routines with ease. This fitness plan includes three strength training days, one cardio day, and three rest or active recovery days, set on a week-long schedule. Women can switch up their workout routine to fit their needs and lifestyle. Araujo advises against back-to-back strength training days in the early stages of training, instead opting for alternative muscle groups on consecutive days. During workouts, dynamic warm-ups should be conducted before cardio and strength sessions to reduce injury risk. Finally, incorporating stretching or mobility work into rest or active recovery days will keep muscles healthy and prevent injuries. Working out at Sky Health NYC as a conditioning coach, beginners are encouraged to meet minimum cardio exercise requirements for a healthy heart. This involves doing at least 150 minutes of moderate-intensity cardio per week or 75 minutes of vigorous activity like jogging, running, or HIIT. However, high-intensity interval training should be limited to one or two days a week due to its taxing effects on the nervous system and joints. Dumbbell Workout for Women Beginners, According to Fitness Expert Araujo Araujo recommends starting with compound exercises like this dumbbell workout for women beginners, especially if weight loss is the goal. For This Full-Body Beginner's Workout Try the Following: 1. Stand tall with feet hip-width apart and core braced. 2. Lower body down toward the floor by bending knees while pushing hips back. 3. Pause at the bottom then reverse motion to return standing, lowering arms back to sides. 4. Hold dumbbells over thighs in an overhand grip 5. Extend arms forward and exhale as pressing weights up almost fully extended. 6. Inhale slowly bending elbows to lower dumbbells back down. 7. Begin with light 5- or 10-pound dumbbells, but choose heavier weights if more challenging. For beginners, start with 10 or 15 minutes of exercise, gradually increasing time each week. You can also practice knee-down rows on an incline bench, engaging your upper body while keeping your legs extended. Focus on proper form and breathe naturally. Araujo recommends using lighter weights for the chest-supported row, focusing on the upper back. Regular recovery is crucial, but don't spend too much time resting. Aim for some physical activity daily, even on rest days. For full rest days, prioritize stretching, mobility training, and foam rolling. As you adapt to your workout plan, include active recovery days with lower-intensity activities like hiking or yoga. The best workout schedule is one you stick to. Incorporate cardio workouts, strength exercises, and recovery days for optimal results. Consult a doctor before starting, especially if you're new to exercise. Begin with manageable sessions and gradually increase intensity. Working with a personal trainer can help create a personalized plan tailored to your needs and schedule. Looking for a chance to build strength and confidence? Research suggests that resting for about an hour after an intense workout can help you sleep better. Image Credit: LIVESTRONG.com Lifting weights is not just about looking good, but also about feeling strong, capable, and confident in your own skin. It's time to break free from societal norms that tell women to be small and take up less space. With this 8-week Strength Program for Women, you can confidently lift weights, challenge yourself, and discover how strong you truly are. In two months, you'll thank yourself for taking this step. Weeks 1-4: Strength Training Program for Women \*\*Days 1, 3, and 5:\*\* \* Warm-up: Foam rolling + dynamic stretching (2 minutes) \* Glute bridge: 2 sets of 10 reps \* Walking lunges: 2 sets of 8 reps per leg \* Push-ups or incline push-ups: 2 sets of 6 reps \*\*Workout A (Day 1):\*\* \* Lower body + core progression: + Barbell or dumbbell back squat: 4 sets of 6-8 reps + Kettlebell or dumbbell deadlift: 4 sets of 6-8 reps + Reverse lunges (dumbbell): 3 sets of 8 reps per leg \* Plank with shoulder tap: 3 sets of 30 seconds \* Cool-down: 5 minutes of lower body stretching \*\*Workout B (Day 3):\*\* \* Upper body strength: + Incline dumbbell press: 4 sets of 6-8 reps + Single-arm dumbbell row: 4 sets of 8 reps per side + Overhead press: 3 sets of 8-10 reps \* Side plank: 3 sets of 20-30 seconds per side \* Cool-down: Shoulder and upper back stretches \*\*Workout C (Day 5):\*\* \* Full body + conditioning: + Front squat (barbell or dumbbell): 4 sets of 6 reps + Romanian deadlift (RDL): 4 sets of 8 reps + Push-up (add resistance if able): 3 sets of 8-10 reps \* Farmer's carry (increase load): 3 sets of 30 seconds \* Cool-down: Full-body stretch (focus on quads, hamstrings, shoulders) \*\*Optional Conditioning Day (Day 7):\*\* \* 20-30 minutes of moderate cardio (e.g., walking, swimming, or cycling) \* Core work: + Dead bugs: 3 sets of 10 reps per side + Russian twists: 3 sets of 20 reps per side + Leg raises: 3 sets of 10 reps \*\*Core Work:\*\* \* Plank variations: 3 sets of 30 seconds \* Russian twists: 3 sets of 20 reps \* Leg raises: 3 sets of 10 reps This program is designed for beginner females who want to build strength, muscle tone, and confidence. It's a comprehensive guide that focuses on simplicity and tackles the more daunting aspects of weight lifting. Using weights can lower your risk of vascular and metabolic disease, as well as provide neuro-protective benefits. However, as a beginner female, it's understandable to find it daunting to simply start lifting weights without any guidance. Fortunately, we're here to assist you in getting started with our collective experience as female coaches, providing you with evidence-based advice that combines science and practicality. Regular weight training can lead to better sleep quality, enhanced functional ability, and reduced fatigue. It may even help alleviate long-standing knee and back pain. While many women choose strength training for its health benefits, it's also a key factor in achieving an attractive, curvy physique. In the past, it was common to see most women in gyms performing hours of cardio, resulting in little muscle tone, a flat shape, and a non-athletic appearance. However, with the rise of free weights training, women have started to break free from this norm and develop athletic bodies that exude femininity and sex appeal. Strength training offers numerous advantages for building great-looking bodies: \* It allows you to control where you build muscle mass, creating more defined silhouettes. \* Lifting weights burns calories, providing a time-efficient way to boost metabolism. \* Improves overall health by reducing the risk of chronic diseases like diabetes, high cholesterol, and cardiovascular disease. When it comes to starting your weight lifting journey, it's essential to choose exercises that work for you. Fortunately, any type of resistance training will help you develop muscle mass and athleticism. The most intimidating part of weight lifting is often knowing where to begin, but with the right guidance, you can create a simple yet effective workout routine that helps you reach your goals. Weightlifting 101: A Beginner's Guide When it comes to weightlifting, having a variety of equipment on hand can be beneficial. Consider using barbells and dumbbells, fixed resistance machines, body weight, medicine balls, sandbags, elastic bands, cables, and tubes. If your gym has limited options, start with two or three different types of exercises to keep things interesting without overwhelming yourself. A key consideration is finding the right balance between reps and sets. As a beginner, it's essential to avoid overdoing it and risking delayed onset muscle soreness (DOMS). Aim for 2-3 sets of 8-15 reps, which allows you to work with weights that challenge your muscles without being too heavy. One of the most critical aspects of weightlifting is mastering each exercise. It takes time to get used to the movements, so be patient and focus on developing your skills. Adding multiple sets can help further challenge your muscles and lead to faster progress. When it comes to how hard you should work out, remember that the human body is naturally inclined towards rest. However, weightlifting requires effort and dedication. Choose a weight that tires you out within the given number of reps, such as 8-15. For example, if you're doing dumbbell exercises with 6 kg weights, aim for 9 reps to find the right level of challenge. Common misconceptions about weightlifting include the idea that it can make you bulky or unattractive. This couldn't be further from the truth. What's essential to understand is that you can't choose where you burn fat, but you can influence your body shape through targeted workouts and a healthy diet. Building muscle can help tone specific areas of your body, such as your arms or booty. Combine regular strength training with a balanced diet to achieve noticeable changes in your physique. Additionally, keep in mind that women generally have less muscle mass than men. Men tend to have a physical advantage due to their larger stature and greater muscle mass. However, when factoring in body mass, men and women are roughly equal in terms of strength, especially in the lower body. Building bulky muscles requires not only intense training but also high levels of anabolic hormones like testosterone, which men generally have more of than women. Women can still achieve a toned and athletic physique through strength training, without looking masculine or bulky. One area where women have a distinct advantage is recovery time between sets. Their physiology allows them to replenish lost energy quickly, making it possible to rest for only 1-2 minutes between weightlifting sets. To take their training to the next level, women should aim for this shorter rest period. As women progress through this beginner program, they'll become more confident and competent lifters. They'll notice improvements in their physique and overall health. However, the journey doesn't have to stop here. The next step is a more advanced program, Muscle Building Workout for Women, which introduces intermediate-level workouts to further enhance their progress. Beginner Strength Training Routine: 1. Chest press: 12-15 reps, 3 sets, 1-2 minutes rest 2. Lying leg curl: 8-12 reps, 3 sets, 1-2 minutes rest 3. Leg press: 8-12 reps, 3 sets, 1-2 minutes rest 4. Close grip pulldown: 12-15 reps, 3 sets, 1-2 minutes rest 5. Dumbbell step ups: 8-12 reps, 3 sets, 1-2 minutes rest 6. Side plank: 20-40 seconds per side, 3 sets, 1-2 minutes rest 7. Mountain climbers: 20 each side, 3 sets, 1-2 minutes rest 8. Back extensions: 12-15 reps, 3 sets, 1-2 minutes rest