

WOMEN WEIGHT LIFTING EXERCISES

1 BACK

- Overhead Pulldown
- Seated Machine Row
- Bent-Over Row

2 CHEST

- Dumbbell Chest Press
- Dumbbell Flyes on Incline Bench
- Standing Cable Fly
- Barbell Incline Bench Chest Press

3 LEGS

- Leg Press
- Deadlift
- Squat
- Stationary Lunge

4 SHOULDERS

- Dumbbell Lateral Raise
- Single-Arm Cable Posterior Deltoid Raise
- Seated Dumbbell Press
- Reverse Fly Machine

5 ARMS

- Cable Curl
- Dumbbell Triceps Kickback
- French Press

