

FULL BODY TONING WORKOUT FOR WOMEN



Create defined, sculpted muscles with this full body workout.

1
Squats
4 x 8 reps



2
Incline shoulder press
3 x 10-12 reps



3
Seated row
3 x 10-12 reps



4
Lying hamstring curl
3 x 10-12 reps



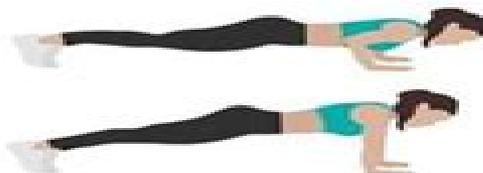
5
Bicep curls
3 x 10-12 reps



6
Tricep extensions
3 x 10-12 reps



7
Press ups
3 x 8-10 reps



8
Russian twists
3 x 10-12 reps



Body Toning With Weights Principles And Practice

Wenbin Ji



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