Strength Training Guide For Women
Put together by 365Days-of-Healthy.tumblr.com

ABS
- Plank Pose
- Leg Lowering
- Reverse Crunch

Back
- Shrugs
- Bent Over Rows
- DeadLifts

Biceps
- Hammer Curls
- Curls
- Calf
- Standing Calf Raise

Chest
- Chest Press
- Chest Fly
- Push Ups
- Bridge Pose
- Leg Curls

Hams/Glutes
- Squats
- Jump Squats
- Lunges
- Lying Side Leg Raise

Quads
- Front Raise
- Lateral Raise
- Standing Row
- Overhead Extensions
- Tricep Kickbacks

Shoulders

Triceps

Add some Cardio for a full Fat burning, Muscle Toning workout