

Red Kingdom Fitness

8- Week Workout Program

for Women

Week 1

Chest

Bench Press – barbell	3 sets - 10 reps
Pec Flys - machine	3 sets - 15 reps
Incline Chest Press – dumbbells	3 sets - 12 reps
Seated Chest Press – machine	3 sets - 10 reps

Back

Lateral Pull Downs - cables	3 sets - 15 reps
Seated Rows – cables, or machine	3 sets - 15 reps
Bent Back Flys –dumbbells	3 sets - 15 reps
Back Extensions – machine	3 sets - 15 reps

Shoulders

Seated Shoulder Press – smith machine, barbell	3 sets - 10 reps
Upright Rows – EZ bar, smith machine	3 sets - 12 reps
Rear Delt Shoulder Flys – pec fly machine, or dumbbells	3 sets - 15 reps
Lateral Raises – dumbbells	3 sets - 12 reps

Legs

Leg Press - machine	3 sets - 15 reps
Seated Leg Curls - machine	3 sets - 12 reps
Leg Extensions - machine	3 sets - 15 reps
Calf Raises – machine	3 sets - 20 reps
Romanian Deadlifts– dumbbells, sm. barbell	3 sets - 15 reps
Kickbacks - machine	3 sets - 15 reps
Hip Abductor/ Adductor – machines	3 sets - 15 reps

Biceps

Preacher Curls – EZ bar	3 sets - 12 reps
Dumbbell Curls – alternating	3 sets - 12 reps
Hammer Curls – dumbbells, both arms	3 sets - 15 reps
Cable Curls - cables	3 sets - 20 reps

Triceps

Skull Crushers – EZ bar	3 sets - 10 reps
Tricep Extensions – machine	3 sets - 15 reps
Tricep Press - machine	3 sets - 12 reps
Tricep Extensions – cables, v bar	3 sets - 15 reps

Abs/ Core

Crunches – machine	3 sets - 25 reps
Leg Raises – dip bar, 10 side/ 10 middle/ 10 side	3 sets - 30 reps
Obliques/ Torso Rotation - machine	3 sets - 15 reps per side

Week 2

Chest

Incline Chest Press – barbell, smith machine	3 sets - 10 reps
Dumbbell Bench Press – dumbbells	3 sets - 12 reps
Pec Flys – machine	3 sets - 12 reps
Chest Press – 2 dumbbells touching, flat bench	3 sets - 12 reps

Back

T-Bar Rows - machine	3 sets - 12 reps
Lateral Pulldowns – cables, machine	3 sets - 15 reps
Seated Cable Rows – cables, v-bar, machine	3 sets - 15 reps
Back Extensions/ Raises - machine	3 sets - 15 reps
Low Rows – reverse grip, machine	3 sets - 12 reps

Shoulders

One-Arm Shoulder Press – 1 dumbbell	3 sets - 10 reps
Lateral Raises – cables, dumbbells	3 sets - 12 reps
Bent Shoulder Flys – dumbbells	3 sets - 15 reps
Shoulder Press – clean & press, sm. barbell	3 sets - 12 reps
Front Raises – sm. barbell, weight plate	3 sets - 12 reps

Legs

Bulgarian Split Squats - smith machine, dumbbells, bench	3 sets - 12 reps
Deadlifts – barbell, hexagon barbell	3 sets - 10 reps
Hamstring Extensions – Roman Chair, 1 dumbbell	3 sets - 15 reps
Romanian Deadlifts – smith machine, machine	3 sets - 12 reps
Calf Raises - machine	3 sets - 20 reps
Goblet Squats – 1 dumbbell / heels on weight plate	3 sets - 15 reps
Hip Thrusts – Smith machine, bench, machine	3 sets - 12 reps

Biceps

Barbell Curls – sm. barbell	3 sets - 15 reps
Hammer Curls – dumbbells	3 sets - 12 reps
Reverse Curls – EZ bar, cables	3 sets - 10 reps
One-Arm Preacher Curls – machine, dumbbell	3 sets - 12 reps
Cable Curls - cables	3 sets - 15 reps

Triceps

Dips – ab/ dip bar, assisted if necessary	3 sets - 10 reps
Tricep Extensions – cables, rope	3 sets - 15 reps
Tricep Press – machine	3 sets - 12 reps
One-Arm Tricep Extensions – kickbacks	3 sets - 15 reps
Tricep Extensions – reverse grip, cables	3 sets - 12 reps

Abs/ Core

Decline Bench Crunches – decline bench	3 sets - 20 reps
Planks - floor	3 sets - 1 minute ea.
Ab Coaster – 10 reps ea. front & sides	3 sets - 30 reps

Week 3

Chest

Bench Press – barbell	4 sets - 10 reps
Incline Press - dumbbells	4 sets - 12 reps
Chest Flys – cables, machine	4 sets - 10 reps
Seated Chest Press - machine	4 sets - 12 reps

Back

High Rows – machine	4 sets - 12 reps
Low Rows – machine	4 sets - 12 reps
Bent Back Rows – dumbbells, sm. barbell	4 sets - 15 reps
Straight-Arm Lateral Pulldowns - cables	4 sets - 15 reps
Romanian Deadlifts – dumbbells, sm. barbell	4 sets - 12 reps

Shoulders

Standing Shoulder Press – dumbbells, sm. barbell	4 sets - 10 reps
Seated Lateral Raises – dumbbells, machine	4 sets - 10 reps
Rear Delt Flys – pec fly machine	4 sets - 12 reps
Front Raises – dumbbells	4 sets - 12 reps

Legs

Squats – barbell, smith machine	4 sets - 15,12,10,10
Leg Extensions – machine	4 sets - 12 reps
Leg Curls – machine, cables	4 sets - 15 reps
Calf Raises – machine/ leg press machine	4 sets - 20 reps
Glutes – kickbacks, or hip thrusts, machine	4 sets - 12 reps
Hip Abduction/ Adduction	4 sets - 15 reps
Lunges – dumbbells, sm. barbell	4 sets - 20 steps

Biceps

Seated Bicep Curls – sm. barbell, EZ bar	4 sets - 10 reps
Bicep Curls - cables	4 sets - 15 reps
One-Arm Bicep Curls - machine	4 sets - 12 reps
Pull Ups – reverse- close grip, assisted if necessary	4 sets - 12 reps
Dumbbell Curls – dumbbells, both arms same time	4 sets - 10 reps

Triceps

Skull Crushers w/ Chest Press – EZ bar	4 sets - 10 & 10 reps
Tricep Extensions – machine	4 sets - 12 reps
Tricep Press – machine	4 sets - 15 reps
Diamond Push Ups - floor	4 sets - 20 reps
Overhead Tricep Extensions – cables, rope, or dumbbells	4 sets - 15 reps

Abs/ Core

Crunches - machine	4 sets - 30 reps
Obliques – machine	4 sets - 15 reps ea. side
Decline Sit Ups	4 sets - 20 reps

Week 4

Chest

Bench Press – dumbbells	4 sets - 10 reps
Incline Press – barbell, smith machine	4 sets - 10 reps
Chest Flys – machine, cables	4 sets - 12 reps
Dips – dip bar, slight lean forward	4 sets - 15 reps

Back

Seated Back Rows – cables, machine	4 sets - 15,12,10,10
Straight Arm Lat Pull Downs – cables	4 sets - 15 reps
Bent Back Rows – one arm, dumbbell	4 sets - 12 reps
Back Extensions – roman chair, machine	4 sets - 15 reps
Pull Ups – assisted if necessary	4 sets - 10 reps

Shoulders

Lateral Raises – dumbbells	4 sets - 10 reps
Shoulder Press – dumbbells, machine	4 sets - 10 reps
Bent Shoulder Flys – dumbbells	4 sets - 10 reps
Upright Rows – smith machine, EZ bar	4 sets - 12 reps

Legs

Deadlifts – barbell, hexagon bar	4 sets - 10 reps
Hack Squats – smith machine, machine	4 sets - 12 reps
Leg Curls – machine	4 sets - 15,15,12,10
Hamstring Extensions – Roman chair, dumbbell	4 sets - 15 reps
Calf Raises	4 sets - 20,15,15,12
Hip Adductor/ Abductor - machines	4 sets - 12 reps ea.

Biceps

Standing Bicep Curls – sm. barbell	4 sets - 12 reps
Bicep Curls – cables – adjust weight	4 sets - 15 reps
Hammer Curls – dumbbells, both arms	4 sets - 12 reps
One-Arm Curls – 1 dumbbell, preacher bench	4 sets - 10 reps

Triceps

Tricep Extensions – machine	4 sets - 12 reps
Tricep Press – machine – adjust weight	4 sets - 15 reps
One-Arm Tricep Extensions (Kickbacks) - dumbbells	4 sets - 12 reps
Tricep Extensions – cables, rope	4 sets - 15 reps

Abs/ Core

Crunches – roman chair/ floor	4 sets - 20 reps
Knee Raises – dip bar	4 sets - 20 reps
Core Rotation - machine	4 sets - 15 reps each side
Decline Sit Ups - ball, weight	4 sets - 15 reps

Week 5

Chest

Incline Chest Press – dumbbells	4 sets - 15 reps
Seated Chest Flys – pec fly machine	4 sets - 15 reps
Seated Chest press - machine	4 sets - 12 reps
Chest Press – dumbbells touching	4 sets - 12 reps

Back

Pull Ups – assisted if necessary	4 sets - 10 reps
T-Bar Rows – machine	4 sets - 10 reps
Back Flys – cables, dumbbells	4 sets - 15 reps
Back Extensions – machine	4 sets - 15 reps
Bent Barbell Rows – barbell, sm. barbell, reverse grip	4 sets - 12 reps

Shoulders

Shoulder Press – sm. barbell	4 sets - 10 reps
Lateral Raises – machine, dumbbells	4 sets - 12 reps
Upright Rows – EZ bar, Smith machine	4 sets - 15 reps
Rear Delt Pulls – cables, rope	4 sets - 20 reps
Front Raises – dumbbells	4 sets - 12 reps

Legs

Bulgarian Split Squats – dumbbells, Smith machine, bench	4 sets - 12 reps ea. leg
Goblet Squats – smith machine, use 45lb plate	4 sets - 12 reps
Leg Curls – machine	4 sets - 15 reps
Romanian Deadlifts	4 sets - 10 reps
Calf Raises/ Extensions	4 sets - 20 reps
Hamstring Extensions – Roman Chair, sm. barbell	4 sets - 12 reps
Lunges – sm. barbell, there & back	4 sets - 20 steps

Biceps

Hammer Curls – dumbbells, both arm same time	4 sets - 12 reps
One-Arm Preacher Curls - dumbbell	4 sets - 10 reps
Bicep Curls – machine	4 sets - 12 reps
Barbell Curls - barbell	4 sets - 12 reps
Cable Curls – cables	4 sets - 15 reps

Triceps

Skull Crushers – EZ bar	4 sets - 10 reps
Tricep Extensions – cables/ v bar	4 sets - 15 reps
Tricep Extensions – machine	4 sets - 12 reps
One- Arm Tricep Kickbacks – cable, dumbbell	4 sets - 15 reps
Tricep Press – machine	4 sets - 12 reps

Abs/ Core

Seated Crunches – machine	4 sets - 15 reps
Leg Raises – ab/ dip bar	4 sets - 20 reps
Landmine Rotations – barbell, cables	4 sets - 12 reps ea. side

Week 6

Chest

Incline Press – smith machine, machine	4 sets - 10 reps
Bench Press – dumbbells	4 sets - 10 reps
Seated Chest Press – machine	4 sets - 10 reps
Chest Flys – machine, or bench dumbbells	4 sets - 12 reps

Back

T-Bar Rows -T-bar	4 sets - 10 reps
Lateral Pulldowns - cables	4 sets - 12 reps
Seated Back Rows – machine	4 sets - 12 reps
Back Extensions - machine	4 sets - 15 reps
Bent Back Flys - dumbbells	4 sets - 10 reps

Shoulders

Upright Rows – smith machine, EZ bar	4 sets - 12 reps
Rear Delt Pulls – cables, rope	4 sets - 15 reps
Seated Shoulder Press - dumbbells	4 sets - 10 reps
Lateral Raises – dumbbells	4 sets - 10 reps

Legs

Squats – barbell, smith machine	4 sets - 12 reps
Leg Curls - machine	4 sets - 12 reps
Romanian Deadlifts – dumbbells	4 sets - 12 reps
Kickbacks – machine	4 sets - 15 reps
Calf Raises – smith machine/ machine	4 sets - 15 reps
Dumbbell Sumo Squats	4 sets - 10 reps
Hip Abduction/ Adduction – machine	4 sets - 12 reps ea. side

Biceps

Hammer Curls - dumbbells	4 sets - 15 reps
Incline Bicep Curls – dumbbells, alternating	4 sets - 10 reps
Cable Curls - cables	4 sets - 20 reps
Bicep Curls – machine	4 sets - 12 reps
One-Arm Curls – dumbbell, preacher bench	4 sets - 10 reps

Triceps

Tricep Extensions – cables, v bar	4 sets - 15 reps
Tricep Kickbacks – dumbbells, both arms	4 sets - 12 reps
Tricep Press – machine	4 sets - 12 reps
Overhead Tricep Extensions – cables, rope	4 sets - 15 reps

Abs/ Core

Leg Raises – ab/ dip bar	4 sets - 25 reps
Torso Rotation - machine	4 sets - 12 reps ea. side
Crunches – machine	4 sets - 15 reps

Week 7

Chest

Incline Chest – dumbbells	4 sets - 12 reps
Chest/ Pec Flys – machine	4 sets - 15 reps
Bench Press – dumbbells or barbell	4 sets - 10 reps
Chest Flys – cables	4 sets - 10 reps

Back

High Rows - machine	4 sets - 15 reps
One Arm Rows - dumbbells	4 sets - 12 reps
Lateral Pulldowns - reverse grip	4 sets - 12 reps
Seated Back Rows – machine, cables	4 sets - 15 reps

Shoulders

Shoulder Press – barbell, sm. barbell	4 sets - 10 reps
Lateral Raises – dumbbells	4 sets - 12 reps
Rear Delt Flys– dumbbells, cables	4 sets - 15reps
Upright Rows – smith machine, sm. barbell	4 sets - 12 reps

Legs

Leg Press – 10 reps feet together/ 10 reps feet apart	4 sets - 20 reps
Leg Curls – machine or cables	4 sets - 15 reps
Leg Extensions – machine	4 sets - 15 reps
Calf Raises	4 sets - 15 reps
Lunges – dumbbells/ barbell	4 sets - 20 steps
Hamstring Extensions – Roman Chair, 1 dumbbell	4 sets - 15 reps

Biceps

Alternating Bicep Curls – seated, dumbbells	4 sets - 12 reps
Bicep Curls – sm. barbell	4 sets - 10 reps
Bicep Curls - machine	4 sets - 15 reps
Pull Ups – reverse grip, assisted if needed	4 sets - 10 reps

Triceps

Dips – bench or machine	4 sets - 15 reps
Skull Crushers - dumbbells	4 sets - 12 reps
Tricep Extension – v bar	4 sets - 15 reps
Tricep Extensions – machine	4 sets - 12 reps

Abs/ Core

Ab Coaster	4 sets - 20 reps
Crunches – decline bench	4 sets - 20 reps
Russian Twists – use weight	4 sets - 20 reps
Planks	4 sets - 1 minute ea.

Week 8

Chest

Bench Press – smith machine	4 sets - 10 reps
Incline Press - dumbbells	4 sets - 10 reps
Chest Press – dumbbells touching	4 sets - 15 reps
Chest Flys – cables, pec fly machine	4 sets - 12 reps

Back

High Rows - machine	4 sets - 12 reps
Bent Back Flys - dumbbells	4 sets - 10 reps
Seated Low Rows - machine	4 sets - 15 reps
Lateral Pulldowns - cables	4 sets - 12 reps
T-Bar Rows	4 sets - 10 reps

Shoulders

Front Raises – weight plate, dumbbells	4 sets - 10 reps
Lateral Raises - dumbbells	4 sets - 10 reps
Barbell Shoulder Press – barbell, sm. barbell	4 sets - 12 reps
Rear Delt Shoulder Pulls – cables, rope	4 sets - 15 reps
One-Arm Shoulder Press – dumbbells, machine	4 sets - 10 reps

Legs

Squats – barbell, smith machine	4 sets - 10 reps
Romanian Deadlifts – dumbbells, smith machine, barbell	4 sets - 10 reps
Calf Raises – seated or standing	4 sets - 15 reps
Leg Curls – machine	4 sets - 12 reps
Glutes – kickbacks, hip thrusts	4 sets - 12 reps
Hip Abduction/ Adduction	4 sets - 12 reps

Biceps

Bicep Curls – dumbbells, alternating	4 sets - 10 reps
Reverse Bicep Curls – EZ bar	4 sets - 12 reps
Preacher Curls – EZ bar	4 sets - 10 reps
Cable Curls – cables	4 sets - 15 reps

Triceps

Tricep Extensions - machine	4 sets - 15 reps
Tricep Extensions – rope	4 sets - 20 reps
Overhead Tricep Press – 1 dumbbell, cables/ rope	4 sets - 15 reps
Tricep Kickbacks - cables	4 sets - 15 reps

Abs/ Core

Leg Raises – ab/ dip bar	4 sets - 20 reps
Torso Rotation – obliques - machine	4 sets - 15 reps per side
Sit Ups – roman chair	4 sets - 15 reps
Flutter Kicks	4 sets - 30 seconds