

Red Kingdom Fitness

Women's Workout
8 Week Program

Supersets & Tri-Sets

Week 1 - Supersets & Tri-sets

Chest

Dumbbell Bench Press	4 sets - 15 reps
Dumbbell Chest Press – dumbbells touching	4 sets - 15 reps
Seated Chest Flys – machine	4 sets - 15 reps
Chest Raises – dumbbells, cables	4 sets - 15 reps

Back

Barbell Rows – regular	4 sets - 15 reps
Barbell Rows – reverse grip	4 sets - 15 reps
Straight-Arm Lat Pulls - cables	4 sets - 15 reps
Lateral Pulldowns	4 sets - 15 reps
Romanian Dead Lifts – barbell, smith machine	4 sets - 15 reps
Bent Back Flys - dumbbells	4 sets - 15 reps

Shoulders

Front Raises – dumbbells	4 sets - 15 reps
Lateral Raises – dumbbells	4 sets - 15 reps
Shoulder Press – dumbbells	4 sets - 12 reps
Upright Rows – EZ bar	4 sets - 12 reps
Rear Delt (Face) Pulls – cable, rope	4 sets - 15 reps
Bent Shoulder Flys - dumbbells	4 sets - 15 reps

Legs

Leg Press	4 sets - 15 reps
Lunges – Hands behind head	4 sets - 24 steps
Leg Curls – machine	4 sets - 15 reps
Straight-Leg Deadlifts – sm. barbell, dumbbells	4 sets - 15 reps
Deadlifts – hexagon bar	4 sets - 15 reps
Sled – push there, pull back x 2	4 sets - 2 reps there & back
Calf Raises – regular	4 sets - 15 reps
Calf Raises – inside	4 sets - 15 reps
Calf Raises – outside	4 sets - 15 reps
Glutes – machine, hip thrusts	4 sets - 15 reps
Kickbacks - machine	4 sets - 15 reps ea. leg

Biceps

Preacher Curls – ez bar	4 sets - 15 reps
Dumbbell Curls – alternating	4 sets - 15 reps
Reverse Curls – ez bar	4 sets - 15 reps
Hammer Curls – dumbbells, both arms	4 sets - 15 reps
Cable Curls – ez bar, inside grip	4 sets - 15 reps
Cable Curls – ez bar, outside grip	4 sets - 15 reps

Triceps – tri-sets

Tricep Extensions – ez bar, cables, inside grip	4 sets - 15 reps
Tricep Extensions – ez bar, cables, outside grip	4 sets - 15 reps
Tricep Extensions – rope	4 sets - 15 reps
Skull Crushers – ez bar, incline bench	4 sets - 15 reps
Chest Press – ez bar, incline bench	4 sets - 15 reps
Overhead Tricep Press – 1 dumbbell	4 sets - 15 reps

Abs/ Core

Crunches – weight plate

4 sets - 20 reps

Leg Raises – ab/dip bar

4 sets - 25 reps

Obliques – torso rotation - machine

4 sets - 20 reps

Planks

4 sets - 45 seconds

Cardio

Stationary Bike

20 minutes

Rower

15 minutes

Treadmill

20 minutes

Week 2 – Supersets & Tri-sets

Chest

Incline Bench Press – dumbbells	4 sets - 15 reps
Incline Chest Press – dumbbells touching	4 sets - 15 reps
Chest Flys – cables, machine	4 sets - 12 reps
Chest Raises – dumbbells	4 sets - 12 reps

Back

Seated Back Rows – machine, one-arm	4 sets - 15 reps
T-Bar Rows – machine, wide grip	4 sets - 12 reps
Seated Cable Rows – v bar	4 sets - 15 reps
Lateral Pulldowns – wide bar	4 sets - 15 reps
Straight Arm Lat Pulls – cables	4 sets - 15 reps
Bent Back Flys – dumbbells	4 sets - 15 reps

Shoulders

Seated Shoulder Press - smith machine	4 sets - 15 reps
Seated Lateral Raises – machine	4 sets - 15 reps
Rear Delt Flys – cables, rope	4 sets - 15 reps
Front Raises – weight plate	4 sets - 15 reps
Lateral Raises – dumbbells	4 sets - 15 reps
One-Arm Shoulder Press – dumbbell	4 sets - 15 reps

Legs

Leg Extensions - machine	4 sets - 12 reps
Bulgarian Split Squats – dumbbells	4 sets - 12 reps ea. leg
Leg Curls – machine	4 sets - 15 reps
Romanian Deadlifts – barbell, dumbbells	4 sets - 12 reps

Squats – barbell, smith machine	4 sets - 12 reps
Glutes – Kickbacks – machine	4 sets - 15 reps
Calf Raises – heavy - drop set	4 sets - 12 reps
Calf Raises – lighter	4 sets - 20 reps

Biceps – tri-sets

Reverse Curls – ez bar	4 sets - 15 reps
Curls – ez bar	4 sets - 15 reps
Pull Ups – reverse grip	4 sets - 10 reps
Cable Curls – straight bar	4 sets - 15 reps
One-Arm Curls – preacher, machine	4 sets - 12 reps
Hammer Curls – dumbbells, both arms	4 sets - 15 reps

Triceps

Tricep Press – machine - drop set, heavy	4 sets - 15 reps
Tricep Press – machine, lighter	4 sets - 15 reps
Overhead Tricep Extensions – cables, rope	4 sets - 15 reps
Tricep Extensions – cables, reverse grip	4 sets - 15 reps
Overhead Tricep Press – seated, dumbbells or ez bar	4 sets - 12 reps
Diamond Push – Ups	4 sets - 20 reps

Abs/ Core

Decline Crunches – use weight	4 sets - 20 reps
Seated Crunches - machine	4 sets - 25 reps
Planks	3 sets - 1 minute
Obliques – core rotation machine	4 sets - 15 reps per side

Cardio

Stair Stepper	15 minutes x 2 this week
Rowing – rowing machine	15 minutes
Treadmill – slight incline, jog or run	15 minutes

Week 3 - Supersets

Chest

Bench Press – barbell, smith machine	4 sets - 12 reps
Chest Flys – dumbbells, flat bench	4 sets - 15 reps
Seated Chest Press - machine	4 sets - 15 reps
Seated Chest Flys – machine	4 sets - 15 reps

Back

Seated Rows – cables, v bar, machine	4 sets - 15 reps
Lateral Pulldowns – cables, machine	4 sets - 15 reps
High Rows – machine	4 sets - 15 reps
Low Rows – machine	4 sets - 15 reps
Romanian Deadlifts – sm. barbell	4 sets - 12 reps
Back Flys – cables, dumbbells	4 sets - 15 reps

Shoulders

Seated Shoulder Press – barbell, dumbbells	4 sets - 12 reps
Lateral Raises – machine or dumbbells	4 sets - 15 reps
Front Shoulder Raises – dumbbells, weight plate	4 sets - 15 reps
Rear Delts Flys – pec fly machine, cables - rope	4 sets - 15 reps
One-Arm Shoulder Press – 1 dumbbell	4 sets - 12 reps
Lateral Raises – cables	4 sets - 10 reps

Legs

Squats – barbell, smith machine	4 sets - 12 reps
Calf Raises – machine, drop set	4 sets - 20,15,10,
Leg Extensions – machine	4 sets - 12 reps
Lunges – with or without weight	4 sets - 20 steps

Leg Curls – machine	4 sets - 15 reps
Romanian Deadlifts – machine, dumbbells	4 sets - 12 reps
Hip Abductor/Adductors – machine	4 sets - 15 reps ea. side
Glutes – kickbacks, hip thrusts	4 sets - 12 reps

Biceps

Hammer Curls - dumbbells	4 sets - 15 reps
Alternating Curls – dumbbells, seated	4 sets - 12 reps
Reverse Curls – ez bar, cables	4 sets - 15 reps
Bicep Curls – ez bar, cables	4 sets - 15 reps
One-Arm Preacher Curls – dumbbell, machine	4 sets - 15 reps
Preacher Curls – ez bar	4 sets - 15 reps

Triceps

Tricep Extensions – machine	4 sets - 15 reps
Tricep Press - machine	4 sets - 15 reps
Tricep Extensions – cables, v bar	4 sets - 10 reps
Overhead Tricep Extensions – cables, rope	4 sets - 12 reps
Tricep Extensions – reverse grip, cables	4 sets - 15 reps
Tricep Extensions – rope, cables	4 sets - 15 reps

Abs/ Core

Crunches – machine	4 sets - 20 reps
Leg Raises – dip bar	4 sets - 20 reps
Planks	3 sets - 1-minute ea.
Obliques – machine	4 sets - 12 reps ea. side

Cardio

Stationary Bike	15 minutes
Elliptical	15 minutes
Treadmill	15 minutes

Week 4 - Supersets

Chest

Pec/ Chest Flys - machine	4 sets - 12 reps
Seated Chest Press - machine	4 sets - 12 reps
Chest Press – dumbbells touching	4 sets - 12 reps
Chest Flys – bench, dumbbells	4 sets - 12 reps

Back

Lateral Pulldowns – cables	4 sets - 12 reps
Seated Rows – cables, v bar	4 sets - 12 reps
Bent Barbell Rows – reverse grip, sm. barbell	4 sets - 12 reps
High Rows – machine	4 sets - 12 reps
Straight - Arm Lat Pulldowns - cables	4 sets - 12 reps
Back Raises – roman chair, weight plate	4 sets - 15 reps

Shoulders

Shoulder Press – machine	4 sets - 12 reps
Lateral Raises – machine	4 sets - 12 reps
Front Shoulder Raises – dumbbells	4 sets - 12 reps
Lateral Raises – dumbbells	4 sets - 12 reps
Bent Shoulder Flys - dumbbells	4 sets - 15 reps
Rear Delts (Face) Pulls - cable, rope	4 sets - 15 reps

Legs

Leg Press - machine	4 sets - 15 reps
Lunges – hands behind head, 30 steps	4 sets - 30 steps
Romanian Dead Lifts -barbell, dumbbells	4 sets - 12 reps
Leg Curls - machine	4 sets - 15 reps
Squats – smith machine	4 sets - 12 reps
Glutes – Kickbacks, machine	4 sets - 15 reps

Calf Raises – machine, smith machine	4 sets - 25 reps
Dumbbell Sumo Squats – 1 dumbbell	4 sets - 12 reps

Biceps

Barbell Curls – barbell, sm. barbell	4 sets - 15 reps
Pull Ups – reverse grip	4 sets - 10 reps

Bicep Curls – machine	4 sets - 12 reps
One-Arm Curls – dumbbells	4 sets - 15 reps

Bicep Curls – cables, inside close grip, ez bar	4 sets - 15 reps
Bicep Curls – cables, outside grip, ez bar	4 sets - 15 reps

Triceps

Tricep Extensions – machine, cables	4 sets - 15 reps
Dips – slight lean forward, machine	4 sets - 15 reps

Tricep Extensions – cables, rope	4 sets - 15 reps
Overhead Tricep Extensions – cables, rope	4 sets - 15 reps

One-Arm Tricep Extensions – 1 dumbbell	4 sets - 10 reps ea. arm
Overhead Tricep Press – 1 dumbbell, seated	4 sets - 12 reps

Abs/ Core

Crunches – decline bench	4 sets - 20 reps
Sit Ups – floor	4 sets - 15 reps
Torso Rotations	4 sets - 15 reps ea. side

Week 5 – Supersets

Chest

Incline Press – dumbbells, machine	4 sets - 12 reps
Incline Chest Flys – dumbbells	4 sets - 12 reps
Decline Chest Press – 2 dumbbells touching	4 sets - 12 reps
Decline Bench Press – dumbbells	4 sets - 12 reps

Back

T- Bar Rows – wide grip	4 sets - 12 reps
T-Bar Rows – close grip	4 sets - 12 reps
Bent Back Flys – dumbbells	4 sets - 15 reps
Dumbbell Rows - dumbbells	4 sets - 12 reps
Seated Rows – machine	4 sets - 12 reps
High Rows - machine	4 sets - 12 reps

Shoulders

Standing Shoulder Press – barbell	4 sets - 12 reps
Lateral Raises – machine, dumbbells	4 sets - 12 reps
Rear Delt Flys – cables, machine	4 sets - 15 reps
Front Shoulder Raises –sm. barbell	4 sets - 12 reps
Lateral Raises – cables, or machine	4 sets - 12 reps
Seated Shoulder Press – machine, dumbbells	4 sets - 12 reps

Legs

Goblet Squats – dumbbell	4 sets - 12 reps
Bulgarian Split Squats – smith machine	4 sets - 12 reps
Dumbbell Squats – dumbbells	4 sets - 12 reps
Leg Curls – machine	4 sets - 12 reps
Romanian Deadlifts – barbell	4 sets - 12 reps
Back Raises – roman chair, 1 dumbbell	4 sets - 15 reps

Calf Raises/ Extensions – drop sets- heavy & lighter	4 sets - 20 & 10 reps
Leg Extensions - machine	4 sets - 12 reps

Biceps

Bicep Curls – sm. barbell, ez bar	4 sets - 12 reps
Bicep Curls – reverse grip, ez bar	4 sets - 12 reps

Hammer Curls – cables, rope	4 sets - 15 reps
Cable Curls - cables	4 sets - 12 reps

Preacher Curls – ez bar	4 sets - 12 reps
Dumbbell Curls- dumbbells, alternating	4 sets - 12 reps

Triceps

Skull Crushers – ez bar, dumbbells	4 sets - 12 reps
Chest Press – ez bar	4 sets - 12 reps

One Arm Kickbacks – 1 dumbbell	4 sets - 15 reps
Diamond Push Ups - floor	4 sets - 15 reps

Tricep Extensions – ez bar, inside grip	4 sets - 15 reps
Tricep Extensions – ez bar outside grip	4 sets - 15 reps

Abs

Roman Chair Sit Ups	5 sets - 15 reps
Leg Raises – 7 side,7 middle,7 side – ab/dip bar	5 sets - 21 reps
Obliques – torso machine, ab coaster	5 sets - 20 reps

Cardio

Treadmill – light run or jog	20 minutes
Rowing	15 minutes

Week 6 - Supersets

Chest

Dumbbell Bench Press - dumbbells	4 sets - 12 reps
Pec Flys - machine	4 sets - 12 reps
Decline Bench Press – dumbbells	4 sets - 10 reps
Chest Raises – sm. barbell, dumbbells	4 sets - 15 reps

Back

One-Arm Low Rows - machine	4 sets - 10 reps
Two-Arm Low Rows - machine	4 sets - 10 reps
Lateral Pulldowns – cables, close grip	4 sets - 10 reps
Lateral Pulldowns – cables, wide grip	4 sets - 10 reps
Bent Back Rows – barbell, sm. barbell	4 sets - 10 reps
Bent Back Flys – dumbbells	4 sets - 12 reps

Shoulders

Seated Shoulder Press – dumbbells, barbell	4 sets - 12 reps
Upright Rows – ez bar/ smith machine	4 sets - 12 reps
Seated Lateral Raises - dumbbells	4 sets - 12 reps
Front Raises – cables	4 sets - 12 reps
Bent Shoulder Flys – dumbbells	4 sets - 12 reps
Rear Delt Pulls – cables, rope	4 sets - 15 reps

Legs

Squats – barbell, smith machine	4 sets - 12 reps
Leg Extensions – machine, one leg at a time	4 sets - 15 reps
Deadlifts – Hexagon bar, barbell	4 sets - 12 reps
Sled – push there & pull back	4 sets - there & back

Calf Raises/ Extensions – machine	4 sets - 20 reps
Static Lunges – dumbbells	4 sets - 12 reps

Leg Curls – machine	4 sets - 12 reps
Romanian Deadlifts – dumbbells, sm. barbell	4 sets - 12 reps

Biceps

Preacher Curls - ez bar	4 sets - 12 reps
Hammer Curls – dumbbells, both arms	4 sets - 15 reps

Reverse Curls – ez bar	4 sets - 15 reps
One-Arm Bicep Curls – preacher machine, or 1 dumbbell	4 sets - 12 reps

Bicep Curls – cables, or dumbbells	4 sets - 15 reps
Pull Ups – reverse grip, assisted if needed	4 sets - 10 reps

Triceps

Tricep Extensions – cables, straight bar	4 sets - 15 reps
Tricep Extensions – cables, straight bar, reverse grip	4 sets - 15 reps

Tricep Press – machine	4 sets - 15 reps
Tricep Extensions – machine	4 sets - 15 reps

Overhead Tricep Extensions – cables, rope	4 sets - 15 reps
Tricep Extensions – cables, rope	4 sets - 15 reps

Abs/ Core

Sit Ups – roman chair	4 sets - 15 reps
Torso Rotation – cables	4 sets - 15 reps ea. side
Crunches – floor, machine	4 sets - 20 reps

Cardio

Elliptical	15 minutes
Rowing	15 minutes
Treadmill – light jog or run	15 minutes

Week 7 - Supersets

Chest

Incline Bench Press – dumbbells, barbell	4 sets - 15 reps
Chest Flys – incline bench, dumbbells	4 sets - 15 reps
Seated Chest Press - machine	4 sets - 12 reps
Pec Flys – machine, cables	4 sets - 12 reps
Chest Raises – dumbbells, sm. barbell, cables	4 sets - 12 reps

Back

Pull Ups – assisted if needed	4 sets - 12 reps
Seated Rows – machine, cables	4 sets - 12 reps
High Rows – machine	4 sets - 15 reps
Low Rows – machine	4 sets - 15 reps
Romanian Deadlifts – smith machine, barbell	4 sets - 12 reps
Bent Back Flys – dumbbells, cables	4 sets - 15 reps

Shoulders

Front Raises – weight plate, dumbbells, barbell	4 sets - 15 reps
Upright Rows – ez bar	4 sets - 12 reps
Lateral Raises – dumbbells, cables, machine	4 sets - 12 reps
Bent Shoulder Flys – dumbbells	4 sets - 15 reps
Shoulder Press – dumbbells, machine, sm. barbell	4 sets - 15 reps
Lateral Raises – machine	

Legs

Leg Press	4 sets - 12 reps
Lunges – hands behind head	4 sets - 30 steps
Hack Squats – machine, smith machine	4 sets - 12 reps
Leg Extensions – machine	4 sets - 12 reps

Leg Curls – machine, drop set	4 sets - 10 & 15 reps
Romanian Deadlifts – sm. barbell, dumbbells	4 sets - 12 reps

Calf Raises/ Extensions – machine	4 sets - 25 reps
Glutes – kickbacks, machine	4 sets - 15 reps

Biceps

Barbell Curls – barbell	4 sets - 12 reps
Dumbbell Curls – alternating	4 sets - 15 reps

One -Arm Curls – preacher, machine	4 sets - 12 reps
Hammer Curls – dumbbells, both arms	4 sets - 15 reps

Pull Ups – reverse grip, assisted if needed	4 sets - 10 reps
Bicep Curls – cables	4 sets - 12 reps

Triceps

One-Arm Extensions – dumbbell	4 sets - 15 reps
Skull Crushers – w/ chest press – ez bar	4 sets - 10 & 10 reps

Overhead Tricep Extensions – 1 dumbbell	4 sets - 15 reps
Push Ups – one arm on a ball/ 10 reps ea. arm	4 sets - 20 reps

Tricep Extension – machine	4 sets - 15 reps
Tricep Press – machine	4 sets - 12 reps

Abs/ Core

Leg Raises – ab/dip bar or ab coaster	4 sets - 20 reps
Obliques - machine	4 sets - 20 reps
Crunches - machine	4 sets - 20 reps

Cardio

Stair Stepper	15 minutes
Treadmill – steep incline	20 minutes

Week 8 - Supersets

Chest

Incline Bench Press – smith machine, barbell	4 sets - 12 reps
Incline Chest Flys – dumbbells	4 sets - 15 reps
Seated Chest Press – machine	4 sets - 12 reps
Seated Pec Flys – machine	4 sets - 15 reps
Chest Raises – dumbbells, sm. barbell	4 sets - 12 reps
Chest Flys – cables	4 sets - 15 reps

Back

Lateral Pull Downs – cables, machine	4 sets - 15 reps
Seated Rows – cables, machine	4 sets - 15 reps
Romanian Deadlifts – dumbbells, barbell	4 sets - 12 reps
T-Bar Rows – machine, barbell, wide grip	4 sets - 12 reps
Bent Back Flys – dumbbells	4 sets - 15 reps
Back Flys – cables	4 sets - 15 reps

Shoulders

Arnold Press – dumbbells	4 sets - 12reps
Upright Rows – ez bar, sm. barbell	4 sets - 15 reps
Front Raises – dumbbells	4 sets - 15 reps
Lateral Raises – dumbbells	4 sets - 15 reps
Rear Delt Pulls – cables, rope, seated	4 sets - 15 reps
Shoulder Press – machine, dumbbells	4 sets - 15 reps

Legs

Bulgarian Split Squats – dumbbells, smith machine	4 sets - 12 reps
Leg Extensions - machine	4 sets - 15 reps
Leg Press - machine	4 sets - 15 reps
Calf Raises/ Extensions – drop set	4 sets - 15 & 10 reps
Leg Curls – machine	4 sets - 15 reps
Glutes – machine, kickbacks	4 sets - 12 reps
Deadlifts – hexagon bar	4 sets - 15 reps
Sled – push there & pull back	4 sets – there/back

Biceps

Preacher Curls – ez bar	4 sets - 12 reps
Hammer Curls - dumbbells, both arms	4 sets - 15 reps
Cable Curls – ez bar, inside grip	4 sets - 12 reps
Cable Curls – ez bar, outside grip	4 sets - 12 reps
Reverse Curls – ez bar	4 sets - 15 reps
Dumbbell Curls – dumbbells, alternating	4 sets - 12 reps

Triceps

Tricep Kickbacks – dumbbells	4 sets - 15 reps
Overhead Tricep Extensions – 1 dumbbell	4 sets - 15 reps
Tricep Press – machine	4 sets - 12 reps
Tricep Extensions – machine	4 sets - 15 reps
Dips – ab/ dip bar	4 sets - 15 reps
Tricep Extensions – rope	4 sets - 15 reps

Abs/ Core

Crunches – bench or floor

4 sets - 20 reps

Leg Raises – ab/ dip bar

4 sets - 20 reps

Obliques - machine

4 sets - 15 reps ea. side

Cardio

Stationary Bike

20 minutes

Treadmill – light jog or run

20 minutes