

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

THE ABSOLUTE BEST TYPES OF WORKOUTS FOR WOMEN



Unfortunately, the bulk of mainstream diet and training advice for women is a one-way street to skinny fat. Here's how it breaks down:

- ✓ Do excessive amounts of steady-state cardio.
- ✓ If you do any resistance training, make sure it's high rep with light weights.
- ✓ Do long (2+ hour) workouts.
- ✓ Exercise 6 to 7 days per week at maximum intensity each day.

And then, just to slam a few more nails in the coffin, the diet advice:

- ✓ Heavily restrict your calories.
- ✓ Heavily restrict your carbs.
- ✓ Heavily restrict the types of foods you eat.

What do you get when you combine all this nonsense? Misery.

- ✓ You're going to be tired.
- ✓ You're going to be hungry.
- ✓ You're going to dread your workouts.
- ✓ You're going to have sensual daydreams about carbs.

And you're going to wonder if the frumpy girl in the mirror can ever look like the duck-lipped seductress on Instagram. Well, the truth is, no, she can't...if she doesn't drastically change her approach. Why? Well, the primary reason is, while you will lose fat if you eat very little food and do a lot of cardio, you'll lose a lot of muscle as well.

So, if that's a summary of how to ruin your physique and health, how do you actually reach your goals? Well, it boils down to this:

- ✓ Do a lot of heavy, compound weightlifting.
- ✓ Be stingy with cardio.
- ✓ Maintain a moderately aggressive calorie deficit to lose fat.
- ✓ Balance your macronutrient intake properly.

DOESN'T HEAVY WEIGHTLIFTING MAKE WOMEN BULKY?

If there's one lie that causes more harm to women's physiques than any other, it's this one.

Well, here's the truth: Heavy weightlifting doesn't make you bulky—being fat does.

The first thing you should know is it's very hard for women to build a big, bulky body. It doesn't happen by accident or overnight. It takes years of intense training and eating. Us guys have a hard-enough time doing it so trust me—you're not going to have it any easier.

And the great irony is heavy weightlifting is actually the only way for most women to get the body they want. If you want a lean, athletic body with tight muscles and all the right curves and lines, you're going to need to build quite a bit of muscle.

And heavy weightlifting is the most effective way to do that.

The key to building muscle and not "bulk," however, is staying lean. The more muscle you have, the more you have to pay attention to your body fat percentage.

If being lean and healthy is your goal, you can get there with exercise (and proper dieting). If you want a lean, muscular, and powerful body, though, you need to train.

How much muscle do you have to gain and how low does your body fat percentage have to be to get that lean, athletic look? Well, generally speaking, most women will need to...

01. Gain 10 to 20 pounds of muscle.

02. Maintain a body fat percentage between 15 and 20%.

This allows you to showcase your muscle definition without compromising your health or sanity. The reason for the wide ranges is it depends on how you want to look.

THE BEST TYPES OF WORKOUTS FOR WOMEN

You can be the embodiment of elegance and grace outside the gym, but if you want a killer body, you need to get down and dirty in your workouts.

Squats, deadlifts, hip thrusts, overhead presses...these are your new best friends.

These are what will turn you into a goddess. And you need to show up every day with one goal in mind: to build muscle and strength. That means you're going to be moving heavy weights and giving each rep, set, and workout everything you've got.

Now, the best types of workout routines for women meet the following criteria:

- ✓ They focus on heavy weightlifting.
- ✓ They emphasize compound movements.
- ✓ They emphasize the lower body more than the upper body.
- ✓ They keep cardio to a minimum.

This approach won't meet *everyone's* needs, of course, but this is how the majority of women should be working out.

You can learn more about this style of training in my book *Thinner Leaner Stronger*, but I want to give you a simple workout that you can do for the next 8 weeks to see how my advice works for you.

DAY 1 - CHEST & CALVES

Incline Barbell Bench Press

3 light warm-up sets / 3 sets of 4 to 6 reps (8 to 10 reps if you're new to weightlifting)

Incline Dumbbell Bench Press

3 sets of 8 to 10 reps

Flat Barbell Bench Press

3 sets of 8 to 10 reps

Optional:

Standing Calf Raise

3 sets of 4 to 6 reps

Seated Calf Raise

3 sets of 4 to 6 reps

DAY 2 - BACK & BUTT & ABS

Barbell Deadlift

3 light warm-up sets / 3 sets of 4 to 6 reps (8 to 10 reps if you're new to weightlifting)

Barbell Squat

3 sets of 8 to 10 reps

Barbell Row

3 sets of 8 to 10 reps

One-Arm Dumbbell Row

3 sets of 8 to 10 reps

3 to 6 Abs Supersets

(Do the following 3 sets back-to-back to complete one superset.)

Cable Crunches

1 set of 10 to 12 reps

Captain's Chair Leg Raise

1 set to failure

Air Bicycles

1 set to failure

DAY 3 - SHOULDERS & CALVES

Standing Barbell Military Press

3 light warm-up sets / 3 sets of 4 to 6 reps (8 to 10 reps if you're new to weightlifting)

Side Lateral Raise

3 sets of 8 to 10 reps

Bent-Over Rear Delt Raise

3 sets of 8 to 10 reps

Optional:

Standing Calf Raise

3 sets of 12 to 15 reps

Seated Calf Raise

3 sets of 12 to 15 reps

DAY 4 - ARMS & ABS

Barbell Curl

3 light warm-up sets / 3 sets of 8 to 10
reps

Close-Grip Bench Press

3 light warm-up sets / 3 sets of 8 to 10
reps

Alternating Dumbbell Curl

3 sets of 8 to 10 reps

Seated Triceps Press

3 sets of 8 to 10 reps

3 to 6 Abs Supersets – Same as Above

DAY 5 - LEGS & BUTT

Barbell Squat

3 light warm-up sets / 3 sets of 4 to 6 reps (8 to 10 reps if you're new to weightlifting)

Leg Press

3 sets of 8 to 10 reps

Romanian Deadlift

3 sets of 8 to 10 reps

Hip Thrust

3 sets of 8 to 10 reps

That's it—just 9 to 12 heavy sets for each workout with some optional additional sets if you feel you still have energy in the tank. A couple odds and ends:

- ✓ Rest 2 to 3 minutes in between each heavy set and 1 minute in between the bodyweight sets.
- ✓ Once you hit the top of your rep range for one set, you move up in weight.
- ✓ If you're looking to lose fat, do several sessions of high-intensity interval training as well.

I guarantee that if you do this workout and eat right for the next 8 weeks, you'll be very happy with how your body responds.

WHAT ABOUT THE BEST DIET FOR WOMEN?

What if I told you that you could dramatically transform your body eating foods you actually like...every day...7 days per week? What if all you had to do to build muscle and lose fat was follow a handful of flexible dietary guidelines...not starve and deprive yourself?

And what if I promised you could forever break free of the restrictions and anxieties most people associate with dieting and learn to love it instead? Too good to be true, you think? Downright heresy? I know. I used to think the same thing. I now know the truth, though, and I lay it all out in [this article](#).

Don't make building the body of your dreams harder than it has to be, and don't buy into the bullshit. All you need to do is apply the basic principles outlined in the article.

- ✓ Build muscle.
- ✓ Get lean.
- ✓ Stay healthy.

And you'll have it made. I promise.

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pre-workout and weight loss stacks and supplements.

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