

# The New Rules of Lifting for Women

**Stage:**

**Workout:**

Exercise	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Rest
Workout 1							
Workout 2							
Workout 3							
Workout 4							
Workout 1							
Workout 2							
Workout 3							
Workout 4							
Workout 1							
Workout 2							
Workout 3							
Workout 4							
Workout 1							
Workout 2							
Workout 3							
Workout 4							
Workout 1							
Workout 2							
Workout 3							
Workout 4							

Notes: \_\_\_\_\_