

Top Starting Exercises For Women

Starting off can be the hardest part of beginning in a gym and the first few times you visit you could be exercising muscles and joints more than usual. For that reason is good not to overdo it to begin with.

Start with some easy exercises that will help you loosen up and get back into the routine of working out. As time goes on you can add in additional exercises and increase weight until you're starting to feel the effects without the aches and pains of doing too much.



Here are the top 10 gym exercises that are highly recommended for women to target various muscle groups, increase strength, and improve overall fitness. These exercises can be done using bodyweight or added resistance through dumbbells or barbells. Start with lower weights and gradually progress as your muscles adapt.

- 1) Squats: 3 sets of 8-12 reps, with an initial weight of 5lbs on each side for dumbbell squats or 20lbs barbell back squat.
- 2) Push-Ups: Start with 3 sets of 10-12 reps and progress to more challenging variations such as plyometric pushups, incline push-ups, or decline push-ups.
- 3) Bent-Over Row: 3 sets of 8-12 reps, starting at a 15lbs dumbbell on each side, and working your way up to heavier weights over time.
- 4) Overhead Press: Begin with 3 sets of 8-10 reps for shoulder press exercises using 5lbs or 8lbs dumbbells initially, then increase the weight as you progress.
- 5) Lateral Raises: Start with 2-3 sets of 10-12 reps using a manageable weight such as 3lbs dumbbell on each side.
- 6) Tricep Pushdowns: 3 sets of 12-15 reps, starting at the lowest resistance band (approximately 40 lbs), then gradually progressing to heavier bands over time.
- 7) Bicep Curl: Start with 3 sets of 8-12 reps using a 5lbs dumbbell or a lower-resistance cable for bicep curls, and increase weights as strength improves.
- 8) Plank: Hold the plank position for 45 seconds to start with, progressing to longer hold times (1-2 minutes). Do 3 sets.

9) Glute Bridge: Start with 2-3 sets of 10-15 reps and progress to holding the top position for 30 seconds before lowering your hips back down.

10) Ab Crunches: Begin with 3 sets of 10-12 reps, focusing on proper form over quantity, then increase reps as you get stronger.

Alternate these exercises in a weekly circuit to ensure all muscle groups are trained. Remember to stretch and cool down after each workout session for optimal results.

An equally important part of exercising is giving yourself time to recover after. Proper rest and exercise give your body time to repair and recover before your next gym session.

Visiting the gym twice or 3 times a week usually works well for most people – depending on your goals and how driven you are.



Most of the equipment in the gym will either be in metric or imperial to make life easier. If you've come from another gym that used a different system then the following comparison table might help.

Quick Weights Conversion lbs(kg)

5(2), 10(5), 15(7), 20(9), 25(11), 30(14), 35(16), 40(18), 45(20), 50(23), 55(25), 60(27), 65(29), 70(32), 75(34), 80(36), 85(39), 90(41), 95(43), 100(45).