

## Full Body Workout for Women

Here's a great full body workout you can do at the gym. This workout is great for women because it tones your muscles and burns fat simultaneously. Click on the name of the exercise to see a video demonstration of how to perform it correctly.

<b>EXERCISE</b>	<b>REPS</b>	<b>SETS</b>	<b>REST (Seconds)</b>
<a href="#">Dumbbell Squats</a>	15	2	45
<a href="#">Leg Curls</a>	15	2	45
<a href="#">Machine Flys</a>	15	2	40
<a href="#">Seated Machine Back Rows</a>	15	2	45
<a href="#">Dumbbell Curls</a>	15	2	40
<a href="#">Tricep Kickbacks</a>	15	2	30

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