

4 - WEEKS BEGINNER WORKOUT PROGRAM

WEEK	ROUTINE
WEEK 1	FULL-BODY SPLIT
WEEK 2	2-DAY SPLIT (UPPER BODY / LOWER BODY)
WEEK 3	3-DAY SPLIT (PUSH / PULL / LEGS)
WEEK 4	4-DAY SPLIT (FULL BODY)

Week - 1

Weekly Rule

- **Days:** Train only **3 days** a week (e.g., Monday, Wednesday, Friday).
- **Rest:** Take at least **1 day of rest** between workouts. Complete rest on Saturday and Sunday.
- **Exercises:** Perform only **1 exercise** per major body part in each session.

Sets & Reps

Perform **3 sets** for each exercise using a "**Reverse Pyramid**" approach:

- **Set 1:** 8 reps (Heaviest weight)
- **Set 2:** 10 reps (Drop the weight slightly)
- **Set 3:** 12 reps (Drop the weight a bit more)

Note: As the repetitions go up, the weight must go down so you can complete the sets with good form.
(Exception: This rule does not apply to Crunches for abs).

MON	TUE	WED	THU	FRI	SAT	SUN
Full Body	Rest	Full Body	Rest	Full Body	Rest	Rest

Full Body

NAME OF EXERCISES	EQUIPMENT	SETS	REPS	REST
Dumbbell / Barbell Bench Press	Bench & Dumbbells/Barbell	3	12,10,8	1/2min
Lat Pulldown	Lat Machine	3	12,10,8	1/2min

Overhead Dumbbell Press	Dumbbells	3	12,10,8	1/2min
Leg Press	Hammer Machine	3	12,10,8	1/2min
Laying Leg Curl	Machine	3	12,10,8	1/2min
Rope Pressdown	Adjustable Cable Machine	3	12,10,8	1/2min
Barbell Biceps Curl	Barbell	3	12,10,8	1/2min
Standing Calf raise	Box or Machine	3	12,10,8	1/2min
Crunches	No Equipment	3	15	1/2min

Week 2

Weekly Rules

- **Split:** 2-Day Training Split (The entire body is covered over the course of two days).
- **Days:** Train **4 days** a week.
 - **Monday & Thursday:** Upper-Body days
 - **Tuesday & Friday:** Lower-Body days
- **Rest:** Wednesday, Saturday, and Sunday are your complete recovery days.

Exercise Changes

- **1 New Move Added:** One new exercise is added to each muscle group routine (except Abs) to target muscles from multiple angles.
- **Types of Exercises:** You will do two types of movements:
 1. **Compound Movement:** Involves multiple joints to work the largest amount of muscle (e.g., Dumbbell Bench Press).
 2. **Isolation Exercise:** Involves only one joint to deeply target a specific muscle (e.g., Dumbbell Flye).

MON	TUES	WED	THURS	FRI	SAT	SUN
UPPER BODY	LOWER BODY	REST	UPPER BODY	LOWER BODY	REST	REST

Upper Body

EXERCISES	EQUIPMENT	SETS	REPS	REST
Dumbbell Bench Press	Bench and Dumbbells	3	15,12,10	1/2min
Dumbbell Fly	Dumbbells, Bench	3	15,12,10	1/2min
Barbell Bent Over Rows	Barbell	3	15,12,10	1/2min
Lat Pullover	Lat Machine	3	15,12,10	1/2min
Overhead Dumbbell Press	Dumbbells	3	15,12,10	1/2min
Dumbbell Lateral Raise	Dumbbells	3	15,12,10	1/2min

Barbell Biceps Curl	Barbell	3	15,12,10	1/2min
Preacher Curl	Preacher Bench	3	15,12,10	1/2min
Laying EZ Bar Skull Crusher	Bench, EZ Bar	3	15,12,10	1/2min
Rope Pressdown	Cable Machine	3	15,12,10	1/2min
Crunches	No Equipment	3	15-2-	1/2min

Lower Body

EXERCISES	EQUIPMENT	SETS	REPS	REST
Bodyweight Squat	No Equipment	3	15,12,10	1/2min
Leg Press	Leg Machine	3	15,12,10	1/2min
Laying Leg Curl / Leg Curl	Leg Machine	3	15,12,10	1/2min
Seated Leg Extension Machine	Leg Machine	3	15,12,10	1/2min
Standing calf Raise	Leg Machine	3	15-20	1/2min
Seated calf Raise	Leg Machine	3	15-20	1/2min

Week 3

Weekly Rules

- **Split:** 3-Day Training Split (Push / Pull / Legs).
- **Days:** Train **6 days** a week (Each body part is trained twice a week).
 - **Day 1:** Pushing muscles (Chest, Shoulders, Triceps)
 - **Day 2:** Pulling muscles (Back, Biceps) + Abs
 - **Day 3:** Lower Body (Quads, Glutes, Hamstrings, Calves)
- **Exercise Changes:** **1 New exercise is added** to each muscle group routine to target muscles from multiple angles.

Sets & Reps

You will perform **2 exercises per muscle group** with a repetition range of **8–15 reps**:

- **Large Muscle Groups** (Chest, Back, Shoulders, Quads, Hamstrings):
 - **4 sets** per exercise (16 total sets per week for each group).
- **Smaller Muscle Groups** (Biceps, Triceps, Abs, Calves):
 - **3 sets** per exercise (12 total sets per week for each group).

MON	TUES	WED	THURS	FRI	SAT	SUN
PUSH	PULL	LEGS	PUSH	PULL	LEGS	REST

Day 1 – Day 4 Push

EXERCISES	EQUIPMENT	SETS	REPS	REST
Incline Barbell Bench Press	Barbell, Bench	4	15,12,10,10	1/2min
Dumbbell Fly	Bench, Dumbbell	4	15,12,10,10	1/2min
Overhead Dumbbell Press	Dumbbells	4	15,12,10,10	1/2min
Smith Machine Barbell Shrugs	Smith Machine	4	15,12,10,10	1/2min
Laying EZ Bar Skull crusher	EZ Bar, Bench	4	15-20	1/2min
Dumbbell Kickback	Dumbbell	3	15-20	1/2min

Day 2 – Day 5 Pull

EXERCISES	EQUIPMENT	SETS	REPS	REST
Barbell Upright Rows	Barbell	4	12,10,8,8	1/2min
Single Arm DB Rows	Dumbbell	4	12,10,8,8	1/2min
Incline DB Biceps Curl	Dumbbells, Bench	4	12,10,8,8	1/2min
Preacher Curl with Cable	Cables	4	12,10,8,8	1/2min
Reverse Crunch	No Equipment	4	15-20	1/2min
Crunch	No Equipment	3	15-20	1/2min

Day 3 – Day 6 leg

EXERCISES	EQUIPMENT	SETS	REPS	REST
Back Squat	Barbell, Rack	4	12,10,8,8	1/2min
Leg Press	Hammer Machine	4	12,10,8,8	1/2min
Seated Leg Curl	Machine	4	12,10,8,8	1/2min
Romanian Deadlift	Barbell	4	12,10,8,8	1/2min
Standing Calf Raise	Machine	4	25	1/2min
Seated Calf Raise	Bench	3	25	1/2min

Week 4

Weekly Rules

- **Split:** 4-Way Training Split (Each body part is trained just **once** this week, except abs and calves which are trained twice).
- **Days:** Train **4 days** a week.
 - **Workout 1:** Chest & Triceps
 - **Workout 2:** Back & Biceps
 - **Workout 3:** Quads & Hamstrings
 - **Workout 4:** Shoulders (with Calves/Abs alternated)
- **Exercise Changes:** **No new exercises** are introduced. The focus shifts entirely to maximizing workout intensity.

Sets & Reps

Repetitions stay in the hypertrophy (muscle growth) range, but the total number of sets increases to overload the muscles:

- **Large Muscle Groups:** Increased up to **5 sets** per exercise.
- **Calves:** Increased up to **10 sets** of calf raises on Thursday.

Completion of this final week means you are ready to move on to the next stage of your program!

MON	TUES	WED	THURS	FRI	SAT	SUN
CHEST/TRICEP/ CALF	LEGS/ABS	REST	SHOULDERS / CALF/ABS	BACK/BICEPS	REST	REST

Chest / Triceps /Calf

EXERCISES	EQUIPMENT	SETS	REPS	REST
Incline barbell Bench Press	Barbell, Bench	5	10	1/2min
DB Bench Press	Dumbbell, Bench	5	10	1/2min
DB Fly	Dumbbells, Bench	5	12	1/2min
Tricep Rope Pressdown	Cable Machine	4	12	1/2min
DB Tricep Kickback	Dumbbell	3	10	1/2min
EZ Bar Skull Crusher Triceps	Bar, Bench	3	10	1/2min
Standing Calf Raise	Machine	3	10	1/2min
Seated Calf Raise	Bench	3	10	1/2min

Leg / ABS (Core)

EXERCISES	EQUIPMENT	SETS	REPS	REST
Back Squat	Barbell, Rack	5	10	1/2min
Leg Press	Leg Machine	5	8-12	1/2min
Laying Leg Curl	Machine	5	8-12	1/2min
Romanian Deadlift RDL	Barbell	3	10,10,8	1/2min
Seated Leg Curl	Machine	3	10,10,8	1/2min
Reverse Crunch	No Equipment	2	20	1/2min
Crunch	No Equipment	2	20	1/2min

Shoulder / Calf / ABS (Core)

EXERCISES	EQUIPMENT	SETS	REPS	REST
Overhead DB Press	Dumbbells	4	12	1/2min
Smith Machine Upright Rows	Smith Machine	3	12,10,8	1/2min
DB Side Raise	Dumbbells	3	10	1/2min
Seated Calf Raise	Bench	10	10	1/2min
Reverse Crunch	No Equipment	2	20	1/2min
Crunch	No Equipment	2	20	1/2min

Back / Bicep

EXERCISES	EQUIPMENT	SETS	REPS	REST
Barbell Bent Over Row	Barbell	4	12	2min
Lat Pulldown	Cable	3	12,10,8	2min
Single Hand DB Rows	Dumbbells	3	10	2min
Barbell Biceps Curl	Barbell	10	10	2min
Incline DB Bicep Curl	Bench, Dumbbells	3	10	2min
Preacher Curl	Preacher Bench	3	10	2min

Important Health Tips

- **Cardio: Add a 20-minute treadmill walk once a week.**
- Diet (Muscles): To build muscle, stay in a caloric surplus (refer to your custom nutrition plan).
- Diet (Weight Loss): To lose weight, stay in a caloric deficit (refer to your custom nutrition plan).
- Supplements: Not required. Rely completely on wholesome, healthy food for your calories.
- Hydration: Drink 2–3 liters of water daily.
- Rest: Get 7–8 hours of quality sleep every night.