

# 4-Week Full Body Workout Plan

Frequency: 3-4 days per week | Rest: 60-90 seconds  
Warm-up: 5-10 minutes (marching, arm swings, light stretching)

## WEEK 1 Beginner Foundation Goal: Learn movements & build habit

### Workout (3x per week)

- Squats - 3x12
- Glute Bridge - 3x15
- Wall / Knee Push-Ups - 3x10
- Bent-Over Row (water bottle) - 3x12
- Shoulder Press (light) - 3x12
- Crunches - 3x15
- Plank (knees) - 20 sec x2

### Optional Cardio:

- 10-15 min walking

## WEEK 2 Strength & Confidence Goal: Slightly more challenging

### Workout (3-4x per week)

- Squats - 4x12
- Reverse Lunges - 3x10 each leg
- Push-Ups (knee) - 3x12
- Dumbbell / Bottle Row - 3x12
- Lateral Raises - 3x12
- Glute Bridge Hold - 30 sec x2
- Plank - 25-30 sec

### Optional Cardio:

- 15 min brisk walk / bike

## WEEK 3 Toning & Fat Burn Goal: Burn calories + sculpt

### Circuit (Repeat 3 rounds)

- Squats - 15
- Glute Kickbacks - 12 each
- Push-Ups - 10
- Shoulder Press - 12
- Standing Abs Twist - 20
- Mountain Climbers (slow) - 20

### Finisher:

- Jumping Jacks (low impact) 30 sec x3

## WEEK 4 Strong & Consistent Goal: Best form + endurance

### Workout (3-4x per week)

- Goblet Squat - 3x15
- Hip Thrust - 3x15
- Push-Ups - 3x12
- Row - 3x15
- Shoulder Press - 3x12
- Plank - 30-40 sec
- Bicycle Crunch - 20

### Optional Cardio:

- 10-15 min walking