

Easy Beginner 4-Week Dumbbell Workout

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Cardio (20 min walk)	Strength Workout A	Cardio (light intervals)	OFF	Cardio (20 min walk)	Strength Workout B	Rest
Week 2	Cardio (25 min walk)	Strength Workout A	OFF	Strength Workout B	Cardio (intervals)	Strength Workout A	Rest
Week 3	Cardio (30 min walk)	Strength Workout B	Cardio (intervals)	Strength Workout A	Cardio (intervals)	Strength Workout B	Rest
Week 4	Cardio (30-40 min walk)	Strength Workout A	Cardio (intervals)	Strength Workout B	Cardio (intervals)	Strength Workout A	Rest

Strength Workout A (Upper Body Easy)

- Seated Bicep Curl – 10-12 reps
- Seated Shoulder Press – 10-12 reps
- Seated Chest Press – 10-12 reps

Strength Workout B (Upper Body + Stability)

- Seated Lateral Raise – 10 reps
- Seated Front Raise – 10 reps
- Seated Tricep Extension – 10-12 reps

Cardio Guide (Simple)

- Steady-paced: normal walking, comfortable pace
- Intervals:
 - 1 min faster walk
 - 2 min slow walk
 - repeat 5-8 times