

Beginner 4-Week Home Workout Plan

A simple, structured program for anyone starting or restarting their fitness journey at home. You'll focus on fundamental movement patterns, short sessions, and gradual progression over four weeks.

Weekly Format:

- 3–4 full-body sessions per week
- 20–30 minutes per session
- Mix of strength, cardio, and mobility work
- Progress weekly by increasing reps or reducing rest

Week 1

| Day | Workout | Focus |
|-------|------------------|-----------------------------|
| Day 1 | Full-Body A | Form & Movement Basics |
| Day 2 | Cardio + Core | Low-intensity, core control |
| Day 3 | Rest or Mobility | Stretching & Recovery |
| Day 4 | Full-Body B | Intro to Strength Patterns |

Week 2

| Day | Workout | Focus |
|-------|------------------|----------------------------------|
| Day 1 | Full-Body A | Add 1–2 reps per set |
| Day 2 | Cardio + Core | Add plank variations |
| Day 3 | Rest or Mobility | Focus on hips & shoulders |
| Day 4 | Full-Body B | Try light dumbbells if available |

Week 3

| Day | Workout | Focus |
|-------|------------------|---------------------------|
| Day 1 | Full-Body A | Reduce rest by 15 seconds |
| Day 2 | Cardio + Core | Add short HIIT finisher |
| Day 3 | Rest or Mobility | Foam roll or yoga flow |
| Day 4 | Full-Body B | Increase sets (3 → 4) |

Week 4

| Day | Workout | Focus |
|-----|---------|-------|
|-----|---------|-------|

| | | |
|-------|------------------|----------------------------------|
| Day 1 | Full-Body A | Push intensity (more reps) |
| Day 2 | Cardio + Core | Test endurance |
| Day 3 | Rest or Mobility | Relaxed recovery |
| Day 4 | Full-Body B | Final challenge! Record progress |

Tips for Success:

- Warm up before every session
- Track your reps, sets, and rest times
- Focus on form, not speed
- Stay consistent and celebrate progress each week