

# **Beginner Workout Plan (4 Weeks)**

## **Workout Schedule:**

Day 1: Chest + Triceps  
Day 2: Back + Biceps  
Day 3: Legs + Core  
Day 4: Shoulders + Cardio  
Day 5: Full Body + Stretching  
Day 6 & 7: Rest

## **Day 1 – Chest + Triceps**

- 1 Push-ups – 3 sets × 12 reps
- 2 Bench Press – 3 × 10
- 3 Chest Fly – 3 × 12
- 4 Triceps Dips – 3 × 10

## **Day 2 – Back + Biceps**

- 1 Pull-ups – 3 × 6–8
- 2 Lat Pulldown – 3 × 10
- 3 Barbell Curl – 3 × 12
- 4 Hammer Curl – 3 × 10

## **Day 3 – Legs + Core**

- 1 Squats – 3 × 12
- 2 Lunges – 3 × 10 each leg
- 3 Leg Press – 3 × 10
- 4 Plank – 3 × 30 sec

## **Tips:**

- Warm up before workout
- Drink enough water
- Maintain proper form
- Take rest if needed