

# AT HOME - 4 WEEKS BEGINNER'S EXERCISE PLAN

To build strength & hypertrophy – with Body Weight, Bands and Dumbbells

## Monday

Upper  
Body +  
Core



## Tuesday

Rest,  
Stretch  
and walk

## Wednesday

Lower  
Body



## Thursday

Rest,  
Stretch  
and walk

## Friday

Full Body



## Saturday

Rest,  
Stretch  
and walk

## Sunday

Rest,  
Stretch  
and walk

## WHAT YOU'LL NEED & GET:

- Light or Medium Band
- From 8 lbs upto 20 lbs adjustable dumbbells
- Rest is to be taken after performing each exercise
- Links to each exercise video with a membership login

# UPPER BODY

## Week 1, Rest: 20 seconds

Exercise	Reps	Weight	Set	Actual
Incline or on the knee push ups	10	Body Weight	3	
Single arm DB Rows	10	8 lbs	3	
Biceps Hammer Curls	10	8 lbs x 2	3	
Triceps Dips	10	Body Weight	3	
Single arm DB Shoulder Press	10	8 lbs	3	
Dead Bug	10	Body Weight	3	

## Week 2, Rest: 30 seconds

Exercise	Reps	Weight	Set	Actual
Incline or on the knee push ups	12	Body Weight	3	
Single arm DB Rows	12	8 lbs	3	
Biceps Hammer Curls	12	8 lbs x 2	3	
Triceps Dips	12	Body Weight	3	
Single arm DB Shoulder Press	12	8 lbs	3	
Dead Bug	12	Body Weight	3	

## Week 3, Rest:40 seconds

Exercise	Reps	Weight	Set	Actual
On the floor chest press	10	10 lbs x 2	3	
Single arm DB Rows	10	10 lbs	3	
Biceps Hammer Curls	10	10 lbs x 2	3	
Triceps skull crushers	10	8 lbs	3	
Single arm DB Shoulder press	10	10 lbs	3	
Plank	:30 sec	Body Weight	3	

## Week 4, Rest: 50 seconds

Exercise	Reps	Weight	Set	Actual
On the floor chest press	12	10 lbs x 2	3	
Single arm DB Rows	12	10 lbs	3	
Biceps Hammer Curls	12	10 lbs x 2	3	
Triceps skull crushers	12	8 lbs x 2	3	
Single arm DB Shoulder press	12	10 lbs	3	
Plank	:45 sec	Body Weight	3	

# LOWER BODY

## Week 1, Rest: 30 seconds

Exercise	Reps	Weight	Set	Actual
Squat	10	Body Weight	3	
Reverse Lunges	10	Body Weight	3	
Glute Bridge	10	Body Weight	3	
Step ups	10	Body Weight	3	
Donkey kicks	10	Body Weight	3	
Calf Raises	10	Body Weight	3	

## Week 2, Rest: 40 seconds

Exercise	Reps	Weight	Set	Actual
Squat	12	Medium Band	3	
Reverse Lunges	12	Body Weight	3	
Glute Bridge	12	Medium Band	3	
Step ups	12	Body Weight	3	
Donkey kicks	12	Medium Band	3	
Calf Raises	12	Body Weight	3	

## Week 3, Rest: 50 seconds

Exercise	Reps	Weight	Set	Actual
Db Squats	10	10 lbs x 2	3	
Reverse Lunges	10	10 lbs x 2	3	
Glute Bridge	10	20 lbs	3	
Step ups	10	10 lbs	3	
Donkey kicks	10	Medium Band	3	
Calf Raises	10	10 lbs x 2	3	

## Week 4, Rest: 60 seconds

Exercise	Reps	Weight	Set	Actual
DB Squats	12	10 lbs x 2	3	
Reverse Lunges	12	10 lbsx 2	3	
Glute Bridge	12	20 lbs	3	
Step ups	12	10 lbs	3	
Donkey Kicks with band	12	Medium band	3	
Calf Raises	12	10 lbs x 2	3	

# FULL BODY

## Week 1, Rest: 30 seconds

Exercise	Reps	Weight	Set	Actual
Renegade Rows on the Knees to squat	10	8 lbs x 2	3	
On the knee or Incline push ups	10	Body Weight	3	
Front to reverse Lunges	10	Body Weight	3	
Goblet Squat	10	10 lbs	3	
Mountain Climbers	10	Body Weight	3	

## Week 2, Rest:30 seconds

Exercise	Reps	Weight	Set	Actual
Renegade Rows on the Knees to squat	12	8 lbs x 2	3	
On the knee or Incline push ups	12	Body Weight	3	
Front to reverse Lunges	12	10 lbs x 2	3	
Goblet Squat	12	10 lbs	3	
Mountain Climbers	12	Body Weight	3	

## Week 3, Rest: 40 seconds

Exercise	Reps	Weight	Set	Actual
Renegade Rows on toes to squat	10	10 lbs x 2	3	
On the floor Chest Press	10	10 lbs x 2	3	
Front to reverse Lunges	10	12 lbs x 2	3	
Goblet Squat	10	15 lbs	3	
Mountain Climbers	15	Body Weight	3	

## Week 4, Rest: 45 seconds

Exercise	Reps	Weight	Set	Actual
Renegade Rows on toes to squat	12	12 lbs x 2	3	
On the floor Chest Press	12	12 lbs x 2	3	
Front to reverse Lunges	12	12 lbs x 2	3	
Goblet Squat	12	20 lbs	3	
Mountain Climbers	20	Body Weight	3	