

4 Week Beginner Gym Workout Routine For Weight Loss

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Summary

Program Duration	4 Weeks
Workout Frequency	4 Days a Week
Routine Type	Full Body and Cardio
Daily Workout Duration	45-60 minutes
Program Goal	Build Strength, Muscle and Burn Maximum Calories
Alternate Plan	4 Week Fat Loss Workout Plan

Note: Perform each exercise at your own pace. Use this workout program to build strength and endurance. Once you're used to it, you can challenge your endurance level.

Week 1

Monday

Exercise	Duration/Reps	Rest
Treadmill	5 minutes	2 min
Stationary Bicycling	5 minutes	2 min
Machine Bench Press	12 x 3	2 min
Machine Shoulder Press	12 x 3	2 min
Plank	up to 60-sec	30-sec
Side Plank	up to 20-sec/side	-

Tuesday

Exercise	Time/Reps	Rest
Treadmill Run	5 minutes	2 min
Elliptical Cross Trainer	5 minutes	2 min
Rack Pull	15 x 3	2 min
Front Lat Pulldown	12 x 3	2 min
Mountain Climbing	15-sec x 2	30-sec

Situps	AMRAP x 2	60-sec
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Thursday

Exercise	Time/Reps	Rest
Low Intense Cardio	20 minutes	2 min
Smith Machine Back Squat	15 x 3	2 min
One-arm Dumbbell Row	10 x 3	2 min
High to Low Cable Woodchop	10 x 2	1-min
Reverse Crunches	10 x 2	1-min

Friday

Exercise	Time/Reps	Rest
Treadmill	5 minutes	2 min
Battle Rope	15-sec x 3	2 min
Dumbbell Lateral Raises	10 x 3	2 min
Dumbbell Step up	12 x 3	2 min
Standing Side Bend	10 x 2	1-min
Hanging Knee Raise	AMRAP x 2	1-min

Week 2

Monday

Exercise	Time/Reps	Rest
Treadmill	5 minutes	2 min
Stationary Bicycling	5 minutes	2 min
Elliptical Cross Trainer	5 minutes	2 min
Incline Machine Bench press	12 x 3	2 min
Kneeling Diamond Pushup	AMRAP x 3	2 min
Plank	up to 60-sec	1-min
Side Plank	20-sec/side	–

Tuesday

Exercise	Reps	Rest
Low Intense Cardio	20 minutes	2 min
Front Lat Pulldown	10 x 3	2 min
Seated Cable Rowing	12 x 3	2 min
Core Workout	10 minutes	–

Thursday

Exercise	Duration/Reps	Rest
Treadmill	5 minutes	2 min
Stationary Bicycling	5 minutes	2 min

Elliptical Cross Trainer	5 minutes	2 min
Rack Pull	12 x 3	2 min
Face Pull	12 x 3	2 min
Mountain Climbing	15-sec x 2	30-sec
Plank	up to 1-min	–

Friday

Exercise	Time/Reps	Rest
Treadmill Run	5 minutes	2 min
Stationary Bicycling	5 minutes	2 min
Battle Rope	15-sec x 3	2 min
Barbell Push Press	10 x 2	2 min
Machine Leg Press	10 x 3	2 min
High to Low Cable Woodchop	10 x 2	1-min
Reverse Crunches	10 x 2	1-min

Week 3

Monday

Exercise	Time/Reps	Rest
Treadmill Run	8 minutes	2 min
Stationary Bicycling	5 minutes	2 min
Elliptical Cross Trainer	5 minutes	2 min
Machine Bench press	10 x 3	2 min
Rack Pull	10 x 3	2 min
Standing Side Bend	10 x 2	1-min
Hanging Knee Raise	10 x 2	1-min

Tuesday

Exercise	Time/Reps	Rest
Low Intense Cardio	20 minutes	2 min
Machine Shoulder Press	10 x 3	2 min
Dumbbell Lateral Raises	10 x 3	2 min
Dumbbell Step-up	10 x 3	2 min

Thursday

Exercise	Time/Reps	Rest
Treadmill Run	8 minutes	2 min
Stationary Bicycling	5 minutes	2 min
Front Lat Pulldown	10 x 3	2 min
Seated Cable Rowing	10 x 3	2 min
Core Workout	10 minutes	2 min

Friday

Exercise	Time/Reps	Rest
Treadmill Run	5 minutes	2 min
Stationary Bicycling	5 minutes	2 min
Battle Rope	15-sec x 3	2 min
Barbell Push Press	10 x 3	2 min
Back Squat	10 x 3	2 min
Kneeling Cable Crunches	10 x 2	1-min
Plank	up to 60-sec	1-min

Week 4

Monday

Exercise	Time/Reps	Rest
Low Intense Cardio	20 minutes	2 min
Machine Chest Press	10 x 3	2 min
Incline Dumbbell Press	10 x 3	2 min
Dumbbell Front Lunges	10 x 3	2 min

Tuesday

Exercise	Time/Reps	Rest
Treadmill Run	10 minutes	2 min
Stationary Bicycling	5 minutes	2 min
Elliptical Cross Trainer	5 minutes	2 min
Front Lat Pulldown	10 x 3	2 min
Rack Pull	10 x 3	2 min
Standing Side Bend	10 x 2	1-min
Plank	up to 60-sec	1-min

Thursday

Exercise	Time/Reps	Rest
Treadmill Run	10 minutes	2 min
Machine Shoulder Press	10 x 3	2 min
Seated Cable Rowing	10 x 3	2 min
Cable Facepull	10 x 3	2 min
Core Workout	10 minutes	2 min

Friday

Exercise	Time/Reps	Rest
Low Intense Cardio	20 minutes	2 min
Machine Chest Press	10 x 3	2 min

Leg Press	10 x 3	2 min
Leg Curl	10 x 3	2 min

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- [3 Day Workout Routine For Weight Loss With PDF](#)
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