

4-Week Beginner Gym Workout Routine To Build Muscles

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Summary

Program Duration	4 Weeks
Workout Frequency	3 Days a Week
Routine Type	Full Body, Upper/Lower, PPL, and Hybrid
Daily Workout Duration	45-60 minutes
Program Goal	Build Strength and Muscle

Warm-up: It's good to do warm-up exercises for at least five minutes before lifting weights. Because warm-up helps increase heart rate and blood flow and minimize the risk of injuries. You can do treadmill running, stationary bicycling, or bodyweight aerobic exercises, such as mountain climbing, squat jump, high knees, or burpee, to get your heart pumped.

Week 1 – Full Body Training

The first week will be your beginning phase, where you do [bodyweight](#) and resistance machine exercises to grow your strength and improve your fitness level.

If it feels less, do not worry because it is a foundation phase. Once you move ahead, you'll see challenging workouts.

Related: [Full Body Workout Routine For Beginners: 2, 3 & 4 Day Split](#)

Day 1 – Monday

Exercises	Muscles	Reps	Rest
Bodyweight Squat	Quad	15 x 3	90-sec
Push Bar Pushup	Chest	10 x 3	2 min
Machine Shoulder Press	Shoulder	10 x 3	2 min
Bench Dips	Triceps	10 x 3	90-sec
Inverted Row	Back	10 x 3	90-sec

Day 2 – Wednesday

Exercises	Muscles	Reps	Rest
Front Lat Pulldown	Back	12 x 3	2 min
Seated Cable Rowing	Back	12 x 3	2 min
Leg Curl	Hamstrings	10 x 2	90 sec
Incline Machine Chest Press	Biceps	10 x 3	2 min
Dumbbell Lateral Raise	Side Delt	10 x 2	2 min

Note: If you do not have access to perform the incline machine chest press, you can use the smith machine.

Day 3 – Friday

Exercises	Muscles	Reps	Rest
Pushup	Chest	10 x 3	2 min
Leg Press	Quad	12 x 3	2 min
Chinup	Back, Biceps	AMRAP x 3	2 min
Reverse Pec Deck Fly	Rear Delt	10 x 3	90 sec
Forearm Plank	30-sec	–	60-sec
Side Plank	15-sec/side	–	–

Note: Here, AMRAP is an initial of as many reps as possible.

Week 2 (Upper/Lower Split)

The second week will be slightly more challenging than the first one. During this week, you'll train your lower and [upper body](#) separately. For example, you'll do chest, triceps, and shoulder on day one, legs and core on day two, and back, biceps, and shoulder on day three.

You may also like: [The Best Upper Lower Split \(3, 4, 5, & 6 Day Routine\)](#)

Day 1 – Monday – Upper Body

Exercise	Muscles	Reps	Rest
Push Bar Pushup	Chest	AMRAP x 2	2 min
Flat Chest Press Machine	Chest	10 x 3	2 min
Pec Deck Fly	Chest	10 x 3	2 min
Machine Shoulder Press	Shoulder	10 x 3	2 min
Dumbbell Lateral Raise	Shoulder	10 x 3	2 min
Rope Pushdown	Triceps	10 x 3	90-sec

Note: You can do flat chest presses on the smith machine if your gym does not have a chest press machine.

Day 2 – Wednesday – Lower Body

Exercise	Muscle	Reps	Rest
Smith Machine Back Squat	Quad	12 x 3	2 min
Machine Leg Press	Quad	12 x 3	2 min
Seated Leg Curl	Ham	12 x 3	90-sec
Dumbbell Step up	Glutes	10 x 3	90-sec
Calf Raises	Caves	10 x 3	2 min

Day 3 – Friday – Upper Body

Exercise	Muscle	Reps	Rest
Front Lat Pulldown	Back	12 x 3	2 min
Seated Cable Rowing	Back	12 x 3	2 min
Reverse Pec Deck Fly	Rear Delt, Upper Back	10 x 3	2 min
Chin-up	Biceps	AMRAP x 3	2 min
Barbell Curl	Bicep	10 x 3	2 min

Week 3 (Push/Pull/Legs)

During this week, you'll be doing [push, pull, and legs \(PPL\)](#) exercises. Push workout includes chest, triceps, and shoulder exercises, pull workout includes back, biceps, and rear delt exercises, and leg workout comprises quads, hamstrings, glutes, and calves.

Day 1 – Monday – Push Workout

Exercise	Muscle	Reps	Rest
Smith Machine Flat Bench Press	Chest	12 x 3	2 min
Incline Dumbbell Bench Press	Chest	10 x 3	2 min
Dumbbell Lateral Raise	Shoulder	12 x 3	2 min
Bar Dip/Triangle Pushup	Triceps	AMRAP x 3	2 min
Rope Pushdown	Triceps	10 x 2	1-min

Day 2 – Wednesday – Pull Workout

Exercise	Muscle	Reps	Rest
Front Lat Pulldown	Back	12 x 3	2 min
Seated Cable Rowing	Back	12 x 3	2 min
Bent-over Barbell Row	Back	10 x 3	2 min

Cable Facepull	Rear Delt, Upper Trap	10 x 3	2 min
Alternate Dumbbell Curl	Biceps	10 x 3	2 min

Day 3 – Friday – Legs and Core

Exercise	Muscle	Reps	Rest
Back Squat	Quad	12 x 3	2 min
Leg Extension	Quad	12 x 3	2 min
Seated Leg Curl	Hamstring	12 x 3	90-sec
Calf Raises	Calves	10 x 2	1-min
Plank	Core	45-sec	30-sec
Side Plank	Core	20-sec/side	–

Note: Perform back squats with any equipment you like, such as a barbell and smith machine.

Week 4 – Hybrid Split

The hybrid split is an exercise program where you do a combination of upper and lower body exercises. So, it may be challenging but can be effective for growing strength and size.

Day 1- Monday – Chest, Triceps, Glutes, and Calves

Exercise	Reps	Rest
Flat Bench Press	12 x 3	2 min
Incline Bench Press	10 x 3	2 min
Dumbbell Lateral Raise	12 x 3	2 min
Machine Rear Delt Fly	10 x 3	2 min
Rope Pushdown	10 x 3	2 min
Calf Raise	10 x 2	1-min

Day 2 – Wednesday – Back, Biceps, and Hamstrings

Exercise	Reps	Rest
Front Lat Pulldown	12 x 3	2 min
Seated Cable Rowing	12 x 3	2 min
Bent-over Barbell Row	10 x 3	2 min
Barbell Curl	10 x 3	2 min
Cable Curl	10 x 3	2 min
Machine Leg Curl	10 x 3	2 min

Day 3 – Friday – Quads, Shoulder, and Glutes

Exercise	Reps	Rest
Back Squat	12 x 3	2 min

Leg Press	12 x 3	2 min
Dumbbell Overhead Press	12 x 3	2 min
Dumbbell Lateral Raise	12 x 3	2 min
DB Rear Delt Raise	12 x 3	2 min
Glute Bridge	10 x 3	1-min

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