

Barbell-Only Full Body Workout for Beginners (Home Edition)



Table 1: Program Parameters – Barbell-Only Full Body Workout for Beginners

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Training Type	Full Body Training System
Level	Beginners
Frequency	3 Times per Week (Monday, Wednesday, Friday)
Program Duration	4 Weeks
Workout Duration	Approximately 60–75 Minutes
Primary Goal	Muscle Gain (Hypertrophy)
Training Location	Home
Required Equipment	Barbell, Weight Plates, Adjustable Bench (flat, incline, decline)
Exercise Selection	Combination of Compound and Isolation Exercises
Progression Model	Weekly Progressive Overload via reps, sets, added weight, or reduced rest
Fatigue Management	Moderate Intensity (RPE 7), Alternating Rest Days
Beginner-Friendly	Emphasis on proper form, control, and gradual progression
Adaptable for Equipment	Adjust loads incrementally; focus on form and tempo
Rest Between Sets	60–90 seconds for compound lifts, 45–60 seconds for isolation exercises
Warm-Up Included	Yes – Light cardio and mobility drills before each session
Cool Down	Optional static stretching at the end of each session

Understanding RPE (Rate of Perceived Exertion)

RPE, or Rate of Perceived Exertion, is a subjective scale used to measure the intensity of your exercise. In this program, we use an RPE of 7 to ensure you're training hard enough to stimulate muscle growth while minimizing excessive fatigue or injury risk. Here's a breakdown of the RPE scale:

RPE Score	Description
10	Maximum effort. Cannot do more reps. Training to failure.
9	Could maybe do 1 more rep. Very hard.
8	Could do 2 more reps. Hard.
7	Could do 3 more reps. Challenging but sustainable.
6	Moderate effort. Could do several more reps.
5 or below	Very light to moderate effort. Warm-up or recovery sets.

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Rest	Workout	Rest	Workout	Rest	Rest

Day 1 - Monday

- 1. Barbell Back Squat - 4 sets | 10-12 reps | RPE 7**
 - ◆ Muscles worked: Quads, glutes, hamstrings, core
- 2. Flat Barbell Bench Press - 3 sets | 10-12 reps | RPE 7**
 - ◆ Muscles worked: Chest, triceps, front deltoids
- 3. Barbell Bent Over Row - 3 sets | 10-12 reps | RPE 7**
 - ◆ Muscles worked: Lats, rhomboids, biceps
- 4. Barbell Romanian Deadlift - 3 sets | 12-14 reps | RPE 7**
 - ◆ Muscles worked: Hamstrings, glutes, lower back
- 5. Barbell Overhead Press - 3 sets | 12 reps | RPE 7**
 - ◆ Muscles worked: Shoulders, triceps
- 6. Barbell Curl - 2 sets | 14 reps | RPE 7**
 - ◆ Muscles worked: Biceps
- 7. Lying Barbell Triceps Extension - 2 sets | 14 reps | RPE 7**
 - ◆ Muscles worked: Triceps
- 8. Barbell Rollout (from knees) - 3 sets | 10-12 reps | RPE 7**
 - ◆ Muscles worked: Core, abs

Day 2 - Wednesday

- 1. Barbell Front Squat - 4 sets | 10-12 reps | RPE 7**
 - ◆ Muscles worked: Quads, glutes, core
- 2. Incline Barbell Bench Press - 3 sets | 10-12 reps | RPE 7**
 - ◆ Muscles worked: Upper chest, triceps, anterior deltoids
- 3. Barbell Pendlay Row - 3 sets | 10-12 reps | RPE 7**
 - ◆ Muscles worked: Lats, mid-back, posterior deltoids, biceps
- 4. Barbell Hip Thrust - 3 sets | 12-14 reps | RPE 7**
 - ◆ Muscles worked: Glutes, hamstrings, core
- 5. Seated Barbell Shoulder Press (Bench Support) - 3 sets | 10-12 reps | RPE 7**
 - ◆ Muscles worked: Deltoids, triceps
- 6. Close-Grip Barbell Curl - 2 sets | 12-14 reps | RPE 7**
 - ◆ Muscles worked: Biceps, brachialis

7. **Barbell Overhead Triceps Extension (Seated) – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Triceps (long head)
8. **Barbell Russian Twists (with plate or bar) – 3 sets | 30 reps (15 per side) | RPE 7**
 - ◆ Muscles worked: Obliques, core

Day 3 – Friday

1. **Barbell Zercher Squat – 4 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Quads, glutes, core, upper back
2. **Flat Close-Grip Barbell Press – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Chest (inner), triceps, front delts
3. **Barbell Yates Row (Underhand Grip) – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Lats, biceps, lower traps
4. **Barbell Good Morning – 3 sets | 12 reps | RPE 7**
 - ◆ Muscles worked: Hamstrings, glutes, spinal erectors
5. **Barbell Push Press – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Shoulders, triceps, upper chest, core
6. **Barbell Reverse Curl – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Biceps, brachialis, forearms
7. **Barbell Close-Grip Floor Press – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Triceps, chest
8. **Weighted Plank (Barbell on Back or Plate) – 3 sets | 60 seconds | RPE 7**
 - ◆ Muscles worked: Core, stabilizers, shoulders

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Rest	Workout	Rest	Workout	Rest	Rest

Day 1 – Monday

1. **Barbell Back Squat – 4 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Quads, glutes, hamstrings, core
2. **Flat Barbell Bench Press – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Chest, triceps, front deltoids
3. **Barbell Bent Over Row – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Lats, rhomboids, biceps
4. **Barbell Romanian Deadlift – 3 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Hamstrings, glutes, lower back

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5. **Barbell Overhead Press – 3 sets | 12 reps | RPE 7**
 - ◆ Muscles worked: Shoulders, triceps
6. **Barbell Curl – 2 sets | 14 reps | RPE 7**
 - ◆ Muscles worked: Biceps
7. **Lying Barbell Triceps Extension – 2 sets | 14 reps | RPE 7**
 - ◆ Muscles worked: Triceps
8. **Barbell Rollout (from knees) – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Core, abs

Day 2 – Wednesday

1. **Barbell Front Squat – 4 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Quads, glutes, core
2. **Incline Barbell Bench Press – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Upper chest, triceps, anterior deltoids
3. **Barbell Pendlay Row – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Lats, mid-back, posterior deltoids, biceps
4. **Barbell Hip Thrust – 3 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Glutes, hamstrings, core
5. **Seated Barbell Shoulder Press (Bench Support) – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Deltoids, triceps
6. **Close-Grip Barbell Curl – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Biceps, brachialis
7. **Barbell Overhead Triceps Extension (Seated) – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Triceps (long head)
8. **Barbell Russian Twists (with plate or bar) – 3 sets | 30 reps (15 per side) | RPE 7**
 - ◆ Muscles worked: Obliques, core

Day 3 – Friday

1. **Barbell Zercher Squat – 4 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Quads, glutes, core, upper back
2. **Flat Close-Grip Barbell Press – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Chest (inner), triceps, front delts
3. **Barbell Yates Row (Underhand Grip) – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Lats, biceps, lower traps
4. **Barbell Good Morning – 3 sets | 12 reps | RPE 7**
 - ◆ Muscles worked: Hamstrings, glutes, spinal erectors
5. **Barbell Push Press – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Shoulders, triceps, upper chest, core
6. **Barbell Reverse Curl – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Biceps, brachialis, forearms

7. **Barbell Close-Grip Floor Press – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Triceps, chest
8. **Weighted Plank (Barbell on Back or Plate) – 3 sets | 60 seconds | RPE 7**
 - ◆ Muscles worked: Core, stabilizers, shoulders

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Rest	Workout	Rest	Workout	Rest	Rest

Day 1 – Monday

1. **Barbell Back Squat – 4 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Quads, glutes, hamstrings, core
2. **Flat Barbell Bench Press – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Chest, triceps, front deltoids
3. **Barbell Bent Over Row – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Lats, rhomboids, biceps
4. **Barbell Romanian Deadlift – 3 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Hamstrings, glutes, lower back
5. **Barbell Overhead Press – 3 sets | 12 reps | RPE 7**
 - ◆ Muscles worked: Shoulders, triceps
6. **Barbell Curl – 2 sets | 14 reps | RPE 7**
 - ◆ Muscles worked: Biceps
7. **Lying Barbell Triceps Extension – 2 sets | 14 reps | RPE 7**
 - ◆ Muscles worked: Triceps
8. **Barbell Rollout (from knees) – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Core, abs

Day 2 – Wednesday

1. **Barbell Front Squat – 4 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Quads, glutes, core
2. **Incline Barbell Bench Press – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Upper chest, triceps, anterior deltoids
3. **Barbell Pendlay Row – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Lats, mid-back, posterior deltoids, biceps

4. **Barbell Hip Thrust – 3 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Glutes, hamstrings, core
5. **Seated Barbell Shoulder Press (Bench Support) – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Deltoids, triceps
6. **Close-Grip Barbell Curl – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Biceps, brachialis
7. **Barbell Overhead Triceps Extension (Seated) – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Triceps (long head)
8. **Barbell Russian Twists (with plate or bar) – 3 sets | 30 reps (15 per side) | RPE 7**
 - ◆ Muscles worked: Obliques, core

Day 3 – Friday

1. **Barbell Zercher Squat – 4 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Quads, glutes, core, upper back
2. **Flat Close-Grip Barbell Press – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Chest (inner), triceps, front delts
3. **Barbell Yates Row (Underhand Grip) – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Lats, biceps, lower traps
4. **Barbell Good Morning – 3 sets | 12 reps | RPE 7**
 - ◆ Muscles worked: Hamstrings, glutes, spinal erectors
5. **Barbell Push Press – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Shoulders, triceps, upper chest, core
6. **Barbell Reverse Curl – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Biceps, brachialis, forearms
7. **Barbell Close-Grip Floor Press – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Triceps, chest
8. **Weighted Plank (Barbell on Back or Plate) – 3 sets | 60 seconds | RPE 7**
 - ◆ Muscles worked: Core, stabilizers, shoulders

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Rest	Workout	Rest	Workout	Rest	Rest

Day 1 - Monday

1. **Barbell Back Squat – 4 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Quads, glutes, hamstrings, core
2. **Flat Barbell Bench Press – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Chest, triceps, front deltoids
3. **Barbell Bent Over Row – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Lats, rhomboids, biceps
4. **Barbell Romanian Deadlift – 3 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Hamstrings, glutes, lower back
5. **Barbell Overhead Press – 3 sets | 12 reps | RPE 7**
 - ◆ Muscles worked: Shoulders, triceps
6. **Barbell Curl – 2 sets | 14 reps | RPE 7**
 - ◆ Muscles worked: Biceps
7. **Lying Barbell Triceps Extension – 2 sets | 14 reps | RPE 7**
 - ◆ Muscles worked: Triceps
8. **Barbell Rollout (from knees) – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Core, abs

Day 2 - Wednesday

1. **Barbell Front Squat – 4 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Quads, glutes, core
2. **Incline Barbell Bench Press – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Upper chest, triceps, anterior deltoids
3. **Barbell Pendlay Row – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Lats, mid-back, posterior deltoids, biceps
4. **Barbell Hip Thrust – 3 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Glutes, hamstrings, core
5. **Seated Barbell Shoulder Press (Bench Support) – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Deltoids, triceps
6. **Close-Grip Barbell Curl – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Biceps, brachialis
7. **Barbell Overhead Triceps Extension (Seated) – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Triceps (long head)
8. **Barbell Russian Twists (with plate or bar) – 3 sets | 30 reps (15 per side) | RPE 7**
 - ◆ Muscles worked: Obliques, core

Day 3 - Friday

1. **Barbell Zercher Squat – 4 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Quads, glutes, core, upper back

2. **Flat Close-Grip Barbell Press – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Chest (inner), triceps, front delts
3. **Barbell Yates Row (Underhand Grip) – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Lats, biceps, lower traps
4. **Barbell Good Morning – 3 sets | 12 reps | RPE 7**
 - ◆ Muscles worked: Hamstrings, glutes, spinal erectors
5. **Barbell Push Press – 3 sets | 10–12 reps | RPE 7**
 - ◆ Muscles worked: Shoulders, triceps, upper chest, core
6. **Barbell Reverse Curl – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Biceps, brachialis, forearms
7. **Barbell Close-Grip Floor Press – 2 sets | 12–14 reps | RPE 7**
 - ◆ Muscles worked: Triceps, chest
8. **Weighted Plank (Barbell on Back or Plate) – 3 sets | 60 seconds | RPE 7**
 - ◆ Muscles worked: Core, stabilizers, shoulders

For more details, tips, and expert guidance on the [Barbell-Only Full Body Workout for Beginners \(Home Edition\)](#), be sure to visit our official website: [Bodybuilding-Wizard.com](#).

There, you'll find in-depth tutorials, exercise guides, and updates tailored to your fitness journey.

Prefer training in a fully equipped gym?

We've got you covered — check out our comprehensive [Beginner Full Body Training Program for Maximum Muscle Gains \(3x Weekly Routine\)](#), designed for gym-goers looking to make serious progress with access to a wide range of equipment.