

Beginner Full Body Training Program – Weekly Workouts

About the Program

Training Type Full Body Training System

Level Beginners

Frequency 3 Times a Week (e.g. Mon/Wed/Fri)

Program Duration 1 Month (4 Weeks)

Workout Session Duration 90 Minutes

Primary Goal Gaining Muscle (Hypertrophy Focus)

Equipment Gym-Based (Full Equipment Access)

Types of Exercises Compound & Isolation Movements

Progression Model Progressive Overload + RPE-Based Intensity

RPE Range Used RPE 7 – Controlled Effort, Not to Failure

Recovery Time Between Sessions 48 Hours Between Workouts

Targeted Muscle Groups per Session Full Body (Upper + Lower + Core)

Workout Split Same Muscle Groups Stimulated Each Day

WEEK #1

Week 1 - Day 1

Exercise	Sets	Reps	RPE	Muscles Worked
Barbell Squat	3	8-10	RPE 7	Quads, Glutes, Hamstrings, Core
Pull-Ups (Assisted)	3	8-10	RPE 7	Lats, Biceps, Upper Back
Dumbbell Bench Press	3	10	RPE 7	Chest, Triceps, Ant. Delts
Seated Cable Row	3	10	RPE 7	Mid-Back, Rhomboids, Biceps
Standing DB Shoulder Press	3	10	RPE 7	Delts, Triceps
Barbell Curl	2	10	RPE 7	Biceps
Rope Triceps Pushdown	2	10	RPE 7	Triceps
Hanging Leg Raises	3	12	RPE 7	Lower Abs, Hip Flexors

Week 1 - Day 2

Exercise	Sets	Reps	RPE	Muscles Worked
Romanian Deadlift	3	8-10	RPE 7	Hamstrings, Glutes, Lower Back
Lat Pulldown	3	10	RPE 7	Lats, Biceps
Incline DB Press	3	10	RPE 7	Upper Chest, Front Delts, Triceps
Chest Supported Row	3	10	RPE 7	Rear Delts, Mid-Back, Biceps
DB Lateral Raise	3	12	RPE 7	Medial Deltoid
Hammer Curl	2	10	RPE 7	Brachialis, Biceps
Overhead Cable Triceps Ext.	2	10	RPE 7	Long Head of Triceps
Cable Crunch	3	12	RPE 7	Upper Abs

Week 1 - Day 3

Exercise	Sets	Reps	RPE	Muscles Worked
Leg Press	3	12	RPE 7	Quads, Glutes, Hamstrings
Cable Chest Fly	3	12	RPE 7	Chest
1-Arm DB Row	3	12	RPE 7	Lats, Traps, Biceps
Machine Shoulder Press	3	10	RPE 7	Delts, Triceps
Preacher Curl	2	10	RPE 7	Biceps
Assisted Triceps Dips	2	10	RPE 7	Triceps, Chest
Plank	3	45 sec	RPE 7	Core
Optional: Light Cardio	-	10 min	-	-

WEEK #2

Week 2 - Day 1

Exercise	Sets	Reps	RPE	Muscles Worked
Barbell Squat	4	10	RPE 7	Quads, Glutes, Hamstrings, Core
Pull-Ups (Assisted)	3	10	RPE 7	Lats, Biceps, Upper Back
Dumbbell Bench Press	3	12	RPE 7	Chest, Triceps, Ant. Delts
Seated Cable Row	3	12-14	RPE 7	Mid-Back, Rhomboids, Biceps
Standing DB Shoulder Press	3	12	RPE 7	Delts, Triceps
Barbell Curl	2	12-14	RPE 7	Biceps
Rope Triceps Pushdown	2	12-14	RPE 7	Triceps
Hanging Leg Raises	3	15	RPE 7	Lower Abs, Hip Flexors

Week 2 - Day 2

Exercise	Sets	Reps	RPE	Muscles Worked
Romanian Deadlift	4	10	RPE 7	Hamstrings, Glutes, Lower Back
Lat Pulldown	3	12	RPE 7	Lats, Biceps
Incline DB Press	3	12	RPE 7	Upper Chest, Front Delts, Triceps
Chest Supported Row	3	12-14	RPE 7	Rear Delts, Mid-Back, Biceps
DB Lateral Raise	3	15	RPE 7	Medial Deltoid
Hammer Curl	2	12-14	RPE 7	Brachialis, Biceps
Overhead Cable Triceps Ext.	2	12-14	RPE 7	Long Head of Triceps
Cable Crunch	3	15-20	RPE 7	Upper Abs

Week 2 - Day 3

Exercise	Sets	Reps	RPE	Muscles Worked
Leg Press	4	15	RPE 7	Quads, Glutes, Hamstrings
Cable Chest Fly	3	15	RPE 7	Chest
1-Arm DB Row	3	12-14	RPE 7	Lats, Traps, Biceps
Machine Shoulder Press	3	12	RPE 7	Delts, Triceps
Preacher Curl	2	12-14	RPE 7	Biceps
Assisted Triceps Dips	2	12-14	RPE 7	Triceps, Chest
Plank	3	60 sec	RPE 7	Core
Optional: Light Cardio	-	10 min	-	-

WEEK #3

Week 3 - Day 1

Exercise	Sets	Reps	RPE	Muscles Worked
Barbell Squat	4	10-12	RPE 7	Quads, Glutes, Hamstrings, Core
Pull-Ups (Assisted)	3	10-12	RPE 7	Lats, Biceps, Upper Back
Dumbbell Bench Press	3	12-14	RPE 7	Chest, Triceps, Ant. Delts
Seated Cable Row	3	14	RPE 7	Mid-Back, Rhomboids, Biceps
Standing DB Shoulder Press	3	12-14	RPE 7	Delts, Triceps
Barbell Curl	2	14	RPE 7	Biceps
Rope Triceps Pushdown	2	14	RPE 7	Triceps
Hanging Leg Raises	3	15-20	RPE 7	Lower Abs, Hip Flexors

Week 3 - Day 2

Exercise	Sets	Reps	RPE	Muscles Worked
Romanian Deadlift	4	10-12	RPE 7	Hamstrings, Glutes, Lower Back
Lat Pulldown	3	12-14	RPE 7	Lats, Biceps
Incline DB Press	3	12-14	RPE 7	Upper Chest, Front Delts, Triceps
Chest Supported Row	3	14	RPE 7	Rear Delts, Mid-Back, Biceps
DB Lateral Raise	3	15-18	RPE 7	Medial Deltoid
Hammer Curl	2	14	RPE 7	Brachialis, Biceps
Overhead Cable Triceps Ext.	2	14	RPE 7	Long Head of Triceps
Cable Crunch	3	20	RPE 7	Upper Abs

Week 3 - Day 3

Exercise	Sets	Reps	RPE	Muscles Worked
Leg Press	4	15-18	RPE 7	Quads, Glutes, Hamstrings
Cable Chest Fly	3	15-18	RPE 7	Chest
1-Arm DB Row	3	14	RPE 7	Lats, Traps, Biceps
Machine Shoulder Press	3	14	RPE 7	Delts, Triceps
Preacher Curl	2	14	RPE 7	Biceps
Assisted Triceps Dips	2	14	RPE 7	Triceps, Chest
Plank	3	60-75 sec	RPE 7	Core
Optional: Light Cardio	-	10 min	-	-

WEEK #4

Week 4 - Day 1

Exercise	Sets	Reps	RPE	Muscles Worked
Barbell Squat	4	10-12	RPE 7	Quads, Glutes, Hamstrings, Core
Pull-Ups (Assisted)	3	10-12	RPE 7	Lats, Biceps, Upper Back
Dumbbell Bench Press	3	12-14	RPE 7	Chest, Triceps, Ant. Delts
Seated Cable Row	3	14	RPE 7	Mid-Back, Rhomboids, Biceps
Standing DB Shoulder Press	3	12-14	RPE 7	Delts, Triceps
Barbell Curl	2	14	RPE 7	Biceps
Rope Triceps Pushdown	2	14	RPE 7	Triceps
Hanging Leg Raises	3	15-20	RPE 7	Lower Abs, Hip Flexors

Week 4 - Day 2

Exercise	Sets	Reps	RPE	Muscles Worked
Romanian Deadlift	4	10-12	RPE 7	Hamstrings, Glutes, Lower Back
Lat Pulldown	3	12-14	RPE 7	Lats, Biceps
Incline DB Press	3	12-14	RPE 7	Upper Chest, Front Delts, Triceps
Chest Supported Row	3	14	RPE 7	Rear Delts, Mid-Back, Biceps
DB Lateral Raise	3	15-18	RPE 7	Medial Deltoid
Hammer Curl	2	14	RPE 7	Brachialis, Biceps
Overhead Cable Triceps Ext.	2	14	RPE 7	Long Head of Triceps
Cable Crunch	3	20	RPE 7	Upper Abs

Week 4 - Day 3

Exercise	Sets	Reps	RPE	Muscles Worked
Leg Press	4	15-18	RPE 7	Quads, Glutes, Hamstrings
Cable Chest Fly	3	15-18	RPE 7	Chest
1-Arm DB Row	3	14	RPE 7	Lats, Traps, Biceps
Machine Shoulder Press	3	14	RPE 7	Delts, Triceps
Preacher Curl	2	14	RPE 7	Biceps
Assisted Triceps Dips	2	14	RPE 7	Triceps, Chest
Plank	3	60-75 sec	RPE 7	Core
Optional: Light Cardio	-	10 min	-	-

For more information, guidance, and updates about this program, please visit our website:

<https://bodybuilding-wizard.com/beginner-full-body-training-program-for-maximum-muscle-gains/>