

# *4-Week Beginner Free Weights Workout Program*



© 2025 Bodybuilding Wizard – <https://bodybuilding-wizard.com>

All rights reserved. This document may be republished on other websites only in its original, unaltered form, including all embedded links and references. Any modifications or omissions are strictly prohibited without prior written consent.

[4-Week Beginner Free Weights Workout Program Details](#)

---

## About the Program

---

Parameter	Details
<b>Training Type</b>	Full Body Training System
<b>Level</b>	Beginners
<b>Frequency</b>	3 Times per Week (Monday, Wednesday, Friday)
<b>Program Duration</b>	4 Weeks
<b>Workout Duration</b>	Approximately 60-75 Minutes
<b>Primary Goal</b>	Muscle Gain ( <a href="#">Hypertrophy</a> )
<b>Training Location</b>	Home or Gym
<b>Required Equipment</b>	Dumbbells, Barbell with Weight Plates, Adjustable Bench
<b>Exercise Selection</b>	Combination of <a href="#">Compound and Isolation Exercises</a>
<b>Progression Model</b>	Weekly <a href="#">Progressive Overload</a> via reps, sets, added weight, or RPE
<b>Fatigue Management</b>	Moderate Intensity (RPE 7), Alternating Rest Days
<b>Beginner-Friendly</b>	Emphasis on proper form, control, and gradual progression
<b>Warm-Up Included</b>	Yes - Light cardio and mobility drills before each session
<b>Cool Down</b>	Optional static stretching at the end of each session
<b>Adaptability</b>	Easily adjustable based on available weights and space constraints

Day	Workout Type
Monday	Full Body Workout
Tuesday	Rest or Light Activity
Wednesday	Full Body Workout
Thursday	Rest or Light Activity
Friday	Full Body Workout
Saturday	Rest
Sunday	Rest

---

*Week 1 – Introduction*

---

### Day 1 – Monday (Week 1)

Exercise	Primary Muscle Group	Sets	Reps	RPE
<a href="#"><u>Barbell Squat</u></a>	Quads, Glutes, Hamstrings	4	10-12	7
<a href="#"><u>Barbell Bent-Over Row</u></a>	Lats, Rhomboids, Biceps	3	10-12	7
<a href="#"><u>Dumbbell Flat Bench Press</u></a>	Chest, Triceps, Front Delts	3	12-14	7
<a href="#"><u>Dumbbell Romanian Deadlift</u></a>	Hamstrings, Glutes, Lower Back	3	14	7
<a href="#"><u>Dumbbell Shoulder Press (Seated)</u></a>	Delts, Triceps	3	12-14	7
<a href="#"><u>Dumbbell Biceps Curl</u></a>	Biceps	2	14	7
<a href="#"><u>Dumbbell Overhead Triceps Extension</u></a>	Triceps	2	14	7
<a href="#"><u>Dumbbell Russian Twists</u></a>	Obliques, Core	3	20 (total)	7

### Day 2 – Wednesday (Week 1)

Exercise	Primary Muscle Group	Sets	Reps	RPE
<a href="#"><u>Barbell Deadlift</u></a>	Glutes, Hamstrings, Lower Back	4	10-12	7
<a href="#"><u>Dumbbell Incline Bench Press</u></a>	Upper Chest, Triceps, Front Delts	3	10-12	7
<a href="#"><u>Dumbbell One-Arm Row (Bench Support)</u></a>	Lats, Rhomboids, Biceps	3	12	7
<a href="#"><u>Barbell Front Squat</u></a>	Quads, Glutes, Core	3	12-14	7
<a href="#"><u>Dumbbell Lateral Raise</u></a>	Delts (Medial)	2	14	7
<a href="#"><u>Dumbbell Hammer Curl</u></a>	Biceps, Forearms	2	14	7
<a href="#"><u>Dumbbell Kickbacks</u></a>	Triceps	2	14	7
<a href="#"><u>Dumbbell Sit-Ups</u></a>	Abs	3	15-20	7

### Day 3 – Friday (Week 1)

Exercise	Primary Muscle Group	Sets	Reps	RPE
<a href="#"><u>Dumbbell Goblet Squat</u></a>	Quads, Glutes, Core	4	12-14	7
<a href="#"><u>Barbell Pendlay Row</u></a>	Lats, Upper Back, Rear Delts	3	10-12	7
<a href="#"><u>Dumbbell Flat Chest Fly</u></a>	Chest (Pecs), Front Delts	3	12-14	7
<a href="#"><u>Dumbbell Step-Ups (Bench)</u></a>	Quads, Glutes, Hamstrings	3	10 (each leg)	7
<a href="#"><u>Barbell Overhead Press</u></a>	Shoulders, Triceps	3	10-12	7
<a href="#"><u>Dumbbell Concentration Curl</u></a>	Biceps	2	14	7
<a href="#"><u>Dumbbell Skull Crushers</u></a>	Triceps	2	14	7
<a href="#"><u>Dumbbell Side Bends</u></a>	Obliques, Core	3	12 (each side)	7

---

*Week 2 – Building Confidence and Control*

---

### Day 1 – Monday (Week 2)

Exercise	Primary Muscle Group	Sets	Reps	RPE
Barbell Squat	Quads, Glutes, Hamstrings	4	11-13	7.5
Barbell Bent-Over Row	Lats, Rhomboids, Biceps	3	11-13	7.5
Dumbbell Flat Bench Press	Chest, Triceps, Front Delts	3	13-15	7.5
Dumbbell Romanian Deadlift	Hamstrings, Glutes, Lower Back	3	15	7.5
Dumbbell Shoulder Press (Seated)	Delts, Triceps	3	13-15	7.5
Dumbbell Biceps Curl	Biceps	2	15	7.5
Dumbbell Overhead Triceps Extension	Triceps	2	15	7.5
Dumbbell Russian Twists	Obliques, Core	3	22 (total)	7.5

### Day 2 – Wednesday (Week 2)

<b>Exercise</b>	<b>Primary Muscle Group</b>	<b>Sets</b>	<b>Reps</b>	<b>RPE</b>
Barbell Deadlift	Glutes, Hamstrings, Lower Back	4	11-13	7.5
Dumbbell Incline Bench Press	Upper Chest, Triceps, Front Delts	3	11-13	7.5
Dumbbell One-Arm Row (Bench Support)	Lats, Rhomboids, Biceps	3	13	7.5
Barbell Front Squat	Quads, Glutes, Core	3	13-15	7.5
Dumbbell Lateral Raise	Delts (Medial)	2	15	7.5
Dumbbell Hammer Curl	Biceps, Forearms	2	15	7.5
Dumbbell Kickbacks	Triceps	2	15	7.5
Dumbbell Sit-Ups	Abs	3	17-20	7.5

### Day 3 – Friday (Week 2)

<b>Exercise</b>	<b>Primary Muscle Group</b>	<b>Sets</b>	<b>Reps</b>	<b>RPE</b>
Dumbbell Goblet Squat	Quads, Glutes, Core	4	13-15	7.5
Barbell Pendlay Row	Lats, Upper Back, Rear Delts	3	11-13	7.5
Dumbbell Flat Chest Fly	Chest (Pecs), Front Delts	3	13-15	7.5
Dumbbell Step-Ups (Bench)	Quads, Glutes, Hamstrings	3	11 (each leg)	7.5
Barbell Overhead Press	Shoulders, Triceps	3	11-13	7.5
Dumbbell Concentration Curl	Biceps	2	15	7.5
Dumbbell Skull Crushers	Triceps	2	15	7.5
Dumbbell Side Bends	Obliques, Core	3	14 (each side)	7.5

---

*Week 3 – Sharpening Execution and Expanding Capacity*

---

### Day 1 – Monday (Week 3)

Exercise	Primary Muscle Group	Sets	Reps	RPE
Barbell Squat	Quads, Glutes, Hamstrings	4	12–14	8
Barbell Bent-Over Row	Lats, Rhomboids, Biceps	3	12–14	8
Dumbbell Flat Bench Press	Chest, Triceps, Front Delts	3	14–15	8
Dumbbell Romanian Deadlift	Hamstrings, Glutes, Lower Back	3	16	8
Dumbbell Shoulder Press (Seated)	Delts, Triceps	3	14–15	8
Dumbbell Biceps Curl	Biceps	2	16	8
Dumbbell Overhead Triceps Extension	Triceps	2	16	8
Dumbbell Russian Twists	Obliques, Core	3	24 (total)	8

### Day 2 – Wednesday (Week 3)

Exercise	Primary Muscle Group	Sets	Reps	RPE
Barbell Deadlift	Glutes, Hamstrings, Lower Back	4	12–14	8
Dumbbell Incline Bench Press	Upper Chest, Triceps, Front Delts	3	12–14	8
Dumbbell One-Arm Row (Bench Support)	Lats, Rhomboids, Biceps	3	14	8
Barbell Front Squat	Quads, Glutes, Core	3	14–15	8
Dumbbell Lateral Raise	Delts (Medial)	2	16	8
Dumbbell Hammer Curl	Biceps, Forearms	2	16	8
Dumbbell Kickbacks	Triceps	2	16	8
Dumbbell Sit-Ups	Abs	3	20–22	8

### Day 3 – Friday (Week 3)

Exercise	Primary Muscle Group	Sets	Reps	RPE
Dumbbell Goblet Squat	Quads, Glutes, Core	4	14-15	8
Barbell Pendlay Row	Lats, Upper Back, Rear Delts	3	12-14	8
Dumbbell Flat Chest Fly	Chest (Pecs), Front Delts	3	14-15	8
Dumbbell Step-Ups (Bench)	Quads, Glutes, Hamstrings	3	12 (each leg)	8
Barbell Overhead Press	Shoulders, Triceps	3	12-14	8
Dumbbell Concentration Curl	Biceps	2	16	8
Dumbbell Skull Crushers	Triceps	2	16	8
Dumbbell Side Bends	Obliques, Core	3	16 (each side)	8

---

*Week 4 – Finishing Strong with Maximum Intensity*

---

### Day 1 – Monday (Week 4)

Exercise	Primary Muscle Group	Sets	Reps	RPE
Barbell Squat	Quads, Glutes, Hamstrings	4	13-15	8.5
Barbell Bent-Over Row	Lats, Rhomboids, Biceps	3	13-15	8.5
Dumbbell Flat Bench Press	Chest, Triceps, Front Delts	3	15	8.5
Dumbbell Romanian Deadlift	Hamstrings, Glutes, Lower Back	3	16-18	8.5
Dumbbell Shoulder Press (Seated)	Delts, Triceps	3	15	8.5
Dumbbell Biceps Curl	Biceps	2	16-18	8.5
Dumbbell Overhead Triceps Extension	Triceps	2	16-18	8.5
Dumbbell Russian Twists	Obliques, Core	3	26 (total)	8.5

### Day 2 – Wednesday (Week 4)

Exercise	Primary Muscle Group	Sets	Reps	RPE
Barbell Deadlift	Glutes, Hamstrings, Lower Back	4	13-15	8.5
Dumbbell Incline Bench Press	Upper Chest, Triceps, Front Delts	3	13-15	8.5
Dumbbell One-Arm Row (Bench Support)	Lats, Rhomboids, Biceps	3	15	8.5
Barbell Front Squat	Quads, Glutes, Core	3	15	8.5
Dumbbell Lateral Raise	Delts (Medial)	2	16-18	8.5
Dumbbell Hammer Curl	Biceps, Forearms	2	16-18	8.5
Dumbbell Kickbacks	Triceps	2	16-18	8.5
Dumbbell Sit-Ups	Abs	3	22-24	8.5

### Day 3 – Friday (Week 4)

Exercise	Primary Muscle Group	Sets	Reps	RPE
Dumbbell Goblet Squat	Quads, Glutes, Core	4	15-16	8.5
Barbell Pendlay Row	Lats, Upper Back, Rear Delts	3	13-15	8.5
Dumbbell Flat Chest Fly	Chest (Pecs), Front Delts	3	15-16	8.5
Dumbbell Step-Ups (Bench)	Quads, Glutes, Hamstrings	3	12-13 (each leg)	8.5
Barbell Overhead Press	Shoulders, Triceps	3	13-15	8.5
Dumbbell Concentration Curl	Biceps	2	16-18	8.5
Dumbbell Skull Crushers	Triceps	2	16-18	8.5
Dumbbell Side Bends	Obliques, Core	3	16-18 (each side)	8.5

## Understanding RPE

Throughout this program, you'll frequently encounter the term **RPE**, which stands for **Rate of Perceived Exertion**. It's a simple yet powerful tool for gauging how hard a particular set feels—based on your perception of effort, not just the weight on the bar. In practical terms, RPE helps you train smart—not just hard. For example, an RPE of 7 means you could have performed about 3 more reps before reaching failure, whereas an RPE of 9 indicates you were close to your absolute limit. By regulating training intensity this way, you promote steady progress, avoid overtraining, and ensure better long-term results—especially for beginners.

Below is a reference table to help you understand how RPE maps to effort:

RPE	Reps in Reserve (RIR)	Effort Description
6	4+ reps left	Very easy – warm-up effort
7	3 reps left	Moderate – still quite easy
8	2 reps left	Challenging but doable
9	1 rep left	Very hard – near max effort
10	0 reps left	Max effort – cannot do more

---

### *Looking for Alternatives?*

---

- **[Beginner Full Body Training Program for Maximum Muscle Gains \(Gym Edition\)](#)**  
Ideal for those training in a commercial gym with access to machines, cables, and a full range of equipment.
- **[Dumbbell-Only Full Body Workout for Beginners \(Home Edition\)](#)**  
Perfect if you only have dumbbells and a bench at home—minimal gear, maximum results.
- **[Barbell-Only Full Body Workout for Beginners \(Home Edition\)](#)**  
Built around classic barbell lifts, this is a powerful option for those who prefer minimal but heavy-duty training tools.
- **[Kettlebell-Only Full Body Workout for Beginners \(Home Edition\)](#)**  
A dynamic and functional routine for building strength and endurance with just two kettlebells and a bench.