

4-Week Bodyweight-Only Full-Body Workout Program for Beginners (Home Edition)



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

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

Program details: [4-Week Bodyweight-Only Full-Body Workout Program \(Home Edition\)](#)

About the Program

Parameter	Details
Training Type	Full-Body Training System
Level	Beginners
Frequency	3 Times per Week (Monday, Wednesday, Friday)
Program Duration	4 Weeks
Workout Duration	45–60 Minutes
Primary Goal	Build Strength , Improve Endurance, Lay Foundation for Future Training
Training Location	Home
Required Equipment	None (Household items like chairs or steps may be helpful)
Exercise Selection	Bodyweight-Only Compound and Isolation Movements
Progression Model	Increased Sets, Reps, and Reduced Rest Periods
Fatigue Management	Moderate Intensity, Rest Days in Between Sessions
Beginner-Friendly	Focus on Form, Control, and Progressive Challenge
Warm-Up Included	Yes – Dynamic mobility drills before each session
Cool Down	Optional static stretching post-workout

Weekly Training Overview

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 – Foundation & Familiarization

Day 1 – Monday (Week 1)

Exercise	Primary Muscles Worked	Sets	Reps
Bodyweight Squats	Quads, Glutes, Hamstrings	3	15–20
Incline Push-Ups (Chair)	Chest, Triceps, Shoulders	3	10–15
Glute Bridges	Glutes, Hamstrings, Lower Back	3	15–20
Bird Dogs	Core, Lower Back, Glutes	2	12 per side
Seated Knee Tucks (Chair)	Core	3	15–20

Day 2 – Wednesday (Week 1)

Exercise	Primary Muscles Worked	Sets	Reps
Step-Ups (Stairs/Chair)	Quads, Glutes, Hamstrings	3	12 per leg
Negative Push-Ups	Chest, Triceps, Core	3	6–10 (slow)
Wall Sits	Quads, Glutes, Core	3	30–45 sec hold
Chair Dips	Triceps, Shoulders, Chest	3	10–12
Dead Bugs	Core, Hip Flexors	3	10 per side

Day 3 – Friday (Week 1)

Exercise	Primary Muscles Worked	Sets	Reps
Bulgarian Split Squats	Quads, Glutes, Hamstrings	3	8–10 per leg
Elevated Pike Push-Ups	Shoulders, Triceps, Chest	3	8–12
Glute March (Bridge Hold)	Glutes, Hamstrings, Core	3	12 per leg
Plank	Core, Shoulders	3	30–45 sec hold
Leg Raises	Core, Lower Abs	3	15–20

Week 2 – Introducing Variety & Focus

Day 1 – Monday (Week 2)

Exercise	Primary Muscle Group	Sets	Reps
Bodyweight Squats	Quads, Glutes	3	15
Incline Push-Ups (Chair/Bench)	Upper Chest, Shoulders	3	12
Glute Bridges	Glutes, Hamstrings	3	15
Seated Knee Tucks	Core	3	15–20
Diamond Push-Ups	Triceps, Chest	2	10–12

Day 2 – Wednesday (Week 2)

Exercise	Primary Muscle Group	Sets	Reps
Reverse Lunges	Quads, Glutes	3	12/leg
Standard Push-Ups	Chest, Shoulders, Triceps	3	12–15
Glute Kickbacks	Glutes	3	15/leg
Bird Dog	Core, Lower Back	3	16 (8/side)
Diamond Push-Ups	Triceps, Chest	2	12

Day 3 – Friday (Week 2)

Exercise	Primary Muscle Group	Sets	Reps
Step-Ups (Chair or Stairs)	Quads, Glutes	3	12/leg
Incline Push-Ups	Upper Chest, Shoulders	3	10–12
Glute Bridges (Feet Elevated)	Glutes, Hamstrings	3	15
Seated Knee Tucks	Core	3	20
Diamond Push-Ups	Triceps, Chest	2	10–12

Week 3 – Smarter Bodyweight Progressions for Real Gains

Day 1 – Monday (Week 3)

Exercise	Primary Muscles	Sets	Reps
Bulgarian Split Squats	Quads, Glutes	3	10–12 (each leg)
Incline Push-Ups	Chest, Shoulders, Triceps	3	12–15
Bent-Over Towel Row	Lats, Biceps	3	12–15
Glute Bridges with March	Glutes, Hamstrings, Core	3	12–14
Hollow Body Hold	Core	3	20–30 sec

Day 2 – Wednesday (Week 3)

Exercise	Primary Muscles	Sets	Reps
Step-Ups (use stairs/chair)	Quads, Glutes	3	10–12 (each leg)
Diamond Push-Ups	Chest, Triceps	3	10–12
Superman Pull	Lower back, Glutes, Lats	3	12–15
Wall Sit	Quads, Core	3	30–45 sec
Side Plank Reach-Through	Obliques, Core, Shoulders	2	10 (each side)

Day 3 – Friday (Week 3)

Exercise	Primary Muscles	Sets	Reps
Squat Pulses	Quads, Glutes	3	15–20
Pike Push-Ups	Shoulders, Triceps	3	10–12
Door Frame Rows	Lats, Biceps	3	12–15
Lying Leg Raises	Core, Hip Flexors	3	15–20
Reverse Plank Hold	Core, Glutes, Posterior Chain	2	30–45 sec

Week 4 – Final Push & Peak Performance

Day 1 – Monday (week 4)

Exercise	Primary Muscle Group	Sets	Reps
Pike Push-Ups	Shoulders, Upper Chest, Triceps	3	10–12
Bulgarian Split Squats (Bodyweight)	Quads, Glutes, Core	3	10–12 (each leg)
Incline Push-Ups	Chest, Triceps, Front Shoulders	3	12–15
Step-Up to Knee Drive (on a stair or sturdy chair)	Quads, Glutes, Core	2	12 (each leg)
Seated Leg Raises (on bench or floor)	Lower Abs, Hip Flexors	3	15–20

Day 2 – Wednesday (Week 4)

Exercise	Primary Muscle Group	Sets	Reps
Diamond Push-Ups	Triceps, Inner Chest, Front Delts	3	8–10
Glute Bridge Walkouts	Glutes, Hamstrings, Core	3	10
Towel Rows (under-door or sturdy handle)	Lats, Rear Delts, Biceps	3	10–12
Incline Diamond Push-Ups	Triceps, Chest	2	12–15
V-Ups	Core (Upper and Lower Abs)	3	15–20

Day 3 – Friday (Week 4)

Exercise	Primary Muscle Group	Sets	Reps
Archer Push-Ups (Assisted if needed)	Chest, Triceps, Shoulders	3	8–10
Wall Sit with Calf Raises	Quads, Glutes, Calves	3	12–15 (raises per hold)
Table Inverted Rows	Back, Biceps, Rear Delts	3	10–12
Elevated Glute Bridge	Glutes, Hamstrings	3	12–15
Plank Shoulder Taps	Core, Stability Muscles	3	20 taps (10 per side)

Alternative Workout Programs for Beginners

While the *Bodyweight-Only Full-Body Workout Program* is a great way to kickstart your fitness journey at home, you might eventually crave more variety, resistance, or faster progress. Depending on your available equipment and personal goals, here are some structured beginner-friendly alternatives you can explore:

1. **[Beginner Full Body Training Program for Maximum Muscle Gains \(Gym-Based\)](#)**
Perfect for gym-goers who want to make the most of barbells, machines, and cable stations. Focuses on progressive overload with a balanced mix of compound and isolation exercises.
2. **[Dumbbell-Only Full Body Workout for Beginners \(Home Edition\)](#)**
Designed for home training with adjustable dumbbells and an incline bench. It allows effective progression through weight increments and workout structure.
3. **[Barbell-Only Full Body Workout for Beginners \(Home Edition\)](#)**
A minimal-equipment routine using only a barbell, plates, and an adjustable bench. Great for building raw strength and practicing foundational barbell lifts at home.
4. **[Kettlebell-Only Full-Body Workout for Beginners \(Home Edition\)](#)**
A unique blend of strength and conditioning using just two kettlebells. Boosts functional strength, grip, and coordination.
5. **[4-Week Beginner Free Weights Workout Program \(Home or Gym\)](#)**
A hybrid full-body training plan combining dumbbells and barbells. Ideal for beginners training at home or in the gym with basic free weight access.

