

The Beginner Fitness System

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PDF 2 of 6: 4-Week Workout Plan

Progressive Home Training for Beginners

PDF 2 OF 6

The 4-Week Workout Plan

Progressive Training for Beginners



Home-Based



Beginner Safe



Bodyweight First

Optional Equipment

This program is designed to work with minimal equipment. Everything listed below is optional.



Dumbbells

Light to moderate weight
(5-15 lbs)



Chair or Bench

For support and modified
exercises



Exercise Mat

For comfort during floor
work

Your Weekly Structure



Monday
Full Body



Tuesday
Walking / Light Cardio



Wednesday
Upper Body



Thursday
Core & Balance



Friday
Lower Body



Saturday

Stretching & Mobility



Sunday

Rest

How to Progress Each Week

Simple guidelines to get stronger every week

WK

1

Week 1: Master the Form

Light

- ✓ Start with the LOWER end of rep ranges (8 push-ups instead of 12)
- ✓ Use easier modifications if needed (knee push-ups, chair squats)
- ✓ Focus on learning proper form - quality over quantity
- ✓ Rest 90 seconds between sets
- ✓ Goal: Complete all workouts and feel good

WK

2

Week 2: Add Reps

Moderate

- ✓ Aim for the MIDDLE of rep ranges (10 push-ups)
- ✓ Keep the same modifications from Week 1
- ✓ Form should feel more natural now
- ✓ Rest 75 seconds between sets
- ✓ Goal: Add 2-3 reps per exercise

WK

3

Week 3: Increase Volume

Moderate

- ✓ Reach the HIGHER end of rep ranges (12 push-ups)
- ✓ Try standard versions if you've been using modifications
- ✓ Add a 4th set to 2-3 exercises this week
- ✓ Rest 60 seconds between sets
- ✓ Goal: Push yourself while maintaining form

WK

4

Week 4: Challenge Yourself

Challenging

- ✓ Use the UPPER end of rep ranges (or beyond!)
- ✓ Try harder modifications (standard push-ups, pause squats)
- ✓ Keep 4 sets on exercises that felt good in Week 3
- ✓ Add light dumbbells if available (water bottles work!)
- ✓ Goal: Finish strong and celebrate your progress!



Listen to Your Body

If Week 3 feels too hard, repeat Week 2. If Week 2 feels easy, skip to Week 3. This is YOUR plan - adjust based on how you feel!

Soreness is normal. Pain is not. If something hurts (not just burns), stop and use an easier modification.

Weekly Workouts

WK
1

Week 1 Focus

Light

Learning proper form and building the habit

WK
2

Week 2 Focus

Moderate

Building confidence with the movements

WK
3

Week 3 Focus

Moderate

Increasing control and consistency

WK
4

Week 4 Focus

Challenging

Finishing strong and celebrating progress

MONDAY

⚡ Build overall strength ⌚ 25-30 min

Full Body

- 1 Squats
Focus on depth and control

3×12

- 2 Push-Ups (knees or wall)
Maintain straight line

3×8-10

- 3 Glute Bridges
Squeeze at the top

3×12

- 4 Standing March
High knees, controlled pace

3×30 sec

WEDNESDAY

⚡ Strengthen arms, shoulders & back ⌚ 20-25 min

Upper Body

- 1 Dumbbell Rows (or towel rows)
Pull elbow back, squeeze shoulder blade

3×10

- 2 Shoulder Press (optional dumbbells)
Control the movement

3×10

- 3 Arm Circles
Both directions

3×30 sec

- 4 Side Plank
Keep body aligned

2×20 sec per side

THURSDAY

⚡ Build stability & core strength ⌚ 20-25 min

Core & Balance

1

Plank Hold

Body in straight line, breathe normally

3×20-30 sec

2

Dead Bug

Lower back flat on floor

3×8 per side

3

Bird Dog

Opposite arm and leg, stay balanced

3×8 per side

4

Single-Leg Balance

Hold chair if needed

3×20 sec per leg

5

Bicycle Crunches

Controlled, no neck strain

3×10 per side

6

Side Plank

Modified on knee if needed

2×15-20 sec per side

FRIDAY

⚡ Build leg strength & stability ⌚ 25-30 min

Lower Body

1

Reverse Lunges

Step back, knee to floor

3×8 per leg

2

Chair Squats

Touch chair, stand up

3×10

3

Standing Calf Raises

Full range of motion

3×12

4

Wall Sit

Knees at 90 degrees

2×30 sec

Tuesday / Saturday



15–30 min walking

Keep a comfortable pace



Optional light stretching

Listen to your body



Focus on movement, not intensity

Active recovery days

5-Minute Warm-Up Routine

Do this before every workout — no exceptions!



March in place

60 sec



Arm circles (both directions)

45 sec



Hip circles (both directions)

45 sec



Leg swings (front to back)

30 sec



Cat-Cow stretch

45 sec



Bodyweight squats

12 reps



Easy plank

30 sec



Shoulder rolls

15 sec

Quick Reference Guide

Your 10 Essential Exercises — Print & Hang This Page!

Master These

10



Pro Tips:

✓ Master form before adding weight • ✓ Rest 60-90 sec between sets • ✓ Track your progress weekly • ✓ If it hurts, stop!



Bodyweight Squat

Legs

Easy

3×12-15

- ✓ Knees track over toes
- ✓ Weight in heels
- ✓ Chest up, back straight

Weekly Tracker:

○○○○



Push-Up (Modified)

Chest

Easy

3×8-12

- ✓ Body in straight line
- ✓ Elbows at 45°
- ✓ Full range of motion

Weekly Tracker:

○○○○



Glute Bridge

Glutes

Easy

3×15-20

- ✓ Drive through heels
- ✓ Squeeze at top
- ✓ Don't overarch back

Weekly Tracker:

○○○○



Reverse Lunge

Legs

Medium

3×8-10/leg

- ✓ Knee tracks with toes
- ✓ Torso upright
- ✓ Control both directions

Weekly Tracker:

○○○○



Plank Hold

Core

Easy

3×20-30s

- ✓ Straight line head-heels
- ✓ Core tight
- ✓ Don't hold breath

Weekly Tracker:

○○○○



Dumbbell Row

Back

Easy

3×10-12/arm

- ✓ Pull with back not arm
- ✓ Elbow close to body
- ✓ Squeeze shoulder blade

Weekly Tracker:

○○○○



Shoulder Press

Shoulders

Easy

3×10-12

- ✓ Press straight up
- ✓ Core braced
- ✓ Don't arch back

Weekly Tracker:

○○○○



Calf Raise

Calves

Easy

3×15-20

- ✓ Full range of motion
- ✓ Control up & down
- ✓ Don't bounce

Weekly Tracker:

○○○○



Dead Bug

Core

Medium

3x8-10/side

- ✓ Lower back flat
- ✓ Move opposite limbs
- ✓ Slow & controlled

Weekly Tracker:



Wall Sit

Legs

Medium

3x30-45s

- ✓ Knees at 90°
- ✓ Back on wall
- ✓ Keep breathing

Weekly Tracker:



Personal Records

Max Push-Ups: _____

Longest Plank: _____

Deepest Squat: _____



Form Check

Film yourself once/week.
Compare to detailed guide on
following pages. Quality >
Quantity!



This Week's Goal

Struggling? Use These Modifications:



• Push-ups → Wall push-ups

• Squats → Chair squats

• Plank → Knee plank (20s)

• Lunges → Assisted with chair



The Beginner Fitness System • Week ____ of 4 • Date: _____

See following pages for complete exercise instructions with setup, execution, breathing, and modifications



Full Library

All 10 Exercises at a Glance — Then Detailed Pages Follow

Bodyweight Squat
Lower Body

Sets: 3 × 12-15
Quadriceps,
Glutes

Push-Up (Modified)
Upper Body

Sets: 3 × 8-12
Chest, Triceps

Glute Bridge
Lower Body

Sets: 3 × 15-20
Glutes

Reverse Lunge
Lower Body

Sets: 3 × 8-10 per
leg
Quadriceps,
Glutes

Plank Hold
Core

Sets: 3 × 20-30
seconds
Core, Abs

Dumbbell Row
Upper Body

Sets: 3 × 10-12
per arm
Back, Lats

Shoulder Press
Upper Body

Sets: 3 × 10-12
Shoulders

Standing Calf Raise
Lower Body

Sets: 3 × 15-20
Calves

Dead Bug
Core

Sets: 3 × 8-10 per
side
Core, Abs

Wall Sit
Lower Body

Sets: 3 × 30-45
seconds
Quadriceps



Next: Full Exercise Breakdown

The following 10 pages contain complete instructions for each exercise with setup, execution, breathing patterns, form cues, common mistakes, and modifications.

Complete Exercise Library

Detailed instructions for all 10 exercises with form cues, breathing patterns, and modifications



Your Complete Exercise Guide

Below you'll find detailed instructions for every exercise in this program. Each exercise includes setup position, step-by-step execution, breathing patterns, form cues, common mistakes to avoid, and modifications to make each movement easier or harder. Take time to review these carefully before starting your workouts.

Bodyweight Squat

Sets × Reps

3 × 12-15

Lower Body

Beginner

None

A fundamental lower body movement that builds leg strength and mobility.

Primary Muscles:

Quadriceps, Glutes

Secondary Muscles:

Hamstrings, Core, Calves

Breathing Pattern:

Inhale on the way down, exhale as you push back up

Setup Position:

- 1 Stand with feet shoulder-width apart
- 2 Toes pointing slightly outward (10-15 degrees)
- 3 Arms extended in front for balance
- 4 Chest up, shoulders back
- 5 Core engaged, neutral spine

How to Perform:

- 1 Initiate movement by pushing hips back (like sitting in a chair)
- 2 Bend knees while keeping them tracking over toes
- 3 Lower until thighs are parallel to ground (or as low as comfortable)
- 4 Keep weight in heels and midfoot
- 5 Push through heels to return to standing
- 6 Squeeze glutes at the top

✓ Key Form Cues:

✓ Knees track over toes (don't cave inward)

✓ Keep chest lifted throughout

✓ Full foot contact with ground

✓ Maintain natural spine curve

✓ Control the descent - don't drop

↓ Easier Modification

Chair Squat: Squat down to touch a chair, then stand back up

⌚ Common Mistakes:

✗ ✗ Knees caving inward

✗ ✗ Rising onto toes

✗ ✗ Rounding lower back

✗ ✗ Not going deep enough

✗ ✗ Rushing the movement

↑ Harder Modification

Pause Squat: Hold the bottom position for 2-3 seconds

Push-Up (Modified)

Sets × Reps

3 × 8-12

Upper Body

Beginner

None

Build upper body strength with this classic exercise. Start on knees if needed.

Primary Muscles:

Chest, Triceps

Secondary Muscles:

Shoulders, Core

Breathing Pattern:

Inhale as you lower, exhale as you push up

Setup Position:

- 1 Start in plank position or on knees
- 2 Hands slightly wider than shoulder-width
- 3 Fingers pointing forward
- 4 Body in straight line from head to heels (or knees)
- 5 Core tight, glutes engaged

How to Perform:

- 1 Lower body by bending elbows
- 2 Keep elbows at 45-degree angle to body
- 3 Lower until chest nearly touches floor
- 4 Maintain straight body line throughout
- 5 Push through palms to return to start
- 6 Fully extend arms at top

✓ Key Form Cues:

✓ Body moves as one unit

✓ Elbows don't flare out wide

✓ Don't let hips sag or pike up

✓ Look slightly ahead, not down

✓ Full range of motion

↓ Easier Modification

Wall Push-Up: Perform standing against a wall

⌚ Common Mistakes:

✗ ✗ Sagging hips

✗ ✗ Elbows flaring too wide

✗ ✗ Not going deep enough

✗ ✗ Head dropping down

✗ ✗ Incomplete arm extension

↑ Harder Modification

Standard Push-Up: Perform on toes instead of knees

Glute Bridge

Sets × Reps

3 × 15-20

Lower Body

Beginner

None (optional: resistance band)

Strengthen your glutes and improve hip stability.

Primary Muscles:

Glutes

Secondary Muscles:

Hamstrings, Lower Back, Core

Breathing Pattern:

Exhale as you lift hips, inhale as you lower

Setup Position:

- 1 Lie on back with knees bent
- 2 Feet flat on floor, hip-width apart
- 3 Heels close to glutes (about fist distance)
- 4 Arms at sides, palms down
- 5 Neutral spine, ribs down

How to Perform:

- 1 Squeeze glutes and lift hips off floor
- 2 Push through heels
- 3 Raise hips until body forms straight line from knees to shoulders
- 4 Hold at top for 1-2 seconds, squeeze glutes hard
- 5 Lower back down with control
- 6 Repeat without resting hips on floor

✓ Key Form Cues:

- ✓ Drive through heels
- ✓ Don't overarch lower back
- ✓ Squeeze glutes, not hamstrings
- ✓ Keep core engaged
- ✓ Knees stay aligned with hips

↓ Easier Modification

Partial Bridge: Lift hips halfway up

⌚ Common Mistakes:

- ✗ ✗ Overarching lower back
- ✗ ✗ Pushing through toes instead of heels
- ✗ ✗ Not squeezing glutes at top
- ✗ ✗ Letting knees cave inward
- ✗ ✗ Resting at bottom between reps

↑ Harder Modification

Single-Leg Bridge: Extend one leg straight

Reverse Lunge

Sets × Reps

3 × 8-10 per leg

Lower Body

Beginner

None (optional: dumbbells)

Unilateral leg exercise that builds balance and strength.

Primary Muscles:

Quadriceps, Glutes

Secondary Muscles:

Hamstrings, Calves, Core

Breathing Pattern:

Inhale as you step back, exhale as you return

Setup Position:

- 1 Stand tall with feet hip-width apart
- 2 Hands on hips or at sides
- 3 Core engaged, chest up
- 4 Shoulders back and down
- 5 Weight evenly distributed

How to Perform:

- 1 Step one foot backward
- 2 Lower back knee toward floor
- 3 Front knee should stay at 90 degrees
- 4 Back knee hovers just above ground
- 5 Push through front heel to return to start
- 6 Alternate legs or complete all reps one side first

✓ Key Form Cues:

- ✓ Front knee tracks in line with toes (not caving inward)
- ✓ Keep torso upright
- ✓ Equal weight distribution
- ✓ Control the movement both directions
- ✓ Maintain balance throughout

↓ Easier Modification

Assisted Lunge: Hold onto chair or wall for balance

⌚ Common Mistakes:

- ✗ ✗ Knee caving inward
- ✗ ✗ Leaning forward excessively
- ✗ ✗ Not lowering deep enough
- ✗ ✗ Losing balance
- ✗ ✗ Rushing the movement

↑ Harder Modification

Walking Lunges: Step forward into next lunge

Plank Hold

Sets × Reps

3 × 20-30 seconds

Core

Beginner

None

Isometric core exercise that builds full-body stability.

Primary Muscles:

Core, Abs

Secondary Muscles:

Shoulders, Back, Glutes

Breathing Pattern:

Breathe normally - don't hold your breath

Setup Position:

- 1 Start in forearm plank or high plank position
- 2 Elbows directly under shoulders (or hands for high plank)
- 3 Feet hip-width apart
- 4 Body in straight line
- 5 Neutral neck position

How to Perform:

- 1 Engage core by pulling belly button to spine
- 2 Squeeze glutes
- 3 Push forearms/palms into ground
- 4 Keep shoulders away from ears
- 5 Hold position, breathing steadily
- 6 Don't let hips sag or pike up

✓ Key Form Cues:

✓ Straight line from head to heels

✓ Core stays tight throughout

✓ Don't let hips drop

✓ Neutral spine

✓ Shoulders engaged and stable

↓ Easier Modification

Knee Plank: Drop to knees while maintaining straight line

⌚ Common Mistakes:

✗ ✗ Sagging hips

✗ ✗ Piking hips too high

✗ ✗ Holding breath

✗ ✗ Shoulders hunched up

✗ ✗ Looking up instead of down

↑ Harder Modification

Single-Leg Plank: Lift one foot off ground

Dumbbell Row

Sets × Reps

3 × 10-12 per arm

Upper Body

Beginner

Dumbbell or household item

Strengthen your back and improve posture.

Primary Muscles:

Back, Lats

Secondary Muscles:

Biceps, Rear Shoulders, Core

Breathing Pattern:

Exhale as you pull up, inhale as you lower

Setup Position:

- 1 Place one knee and hand on bench/chair
- 2 Other foot on floor, knee slightly bent
- 3 Hold dumbbell in free hand
- 4 Flat back, core engaged
- 5 Let arm hang straight down

How to Perform:

- 1 Pull dumbbell up toward hip
- 2 Drive elbow back and up
- 3 Squeeze shoulder blade at top
- 4 Keep elbow close to body
- 5 Lower with control to start position
- 6 Repeat, then switch sides

✓ Key Form Cues:

✓ Pull with back, not just arm

✓ Elbow stays close to body

✓ Don't rotate torso

✓ Squeeze shoulder blade at top

✓ Control the weight both ways

↓ Easier Modification

No-weight row: Perform motion without weight to learn pattern

⌚ Common Mistakes:

✗ ✗ Rotating torso

✗ ✗ Using momentum to swing weight

✗ ✗ Not pulling high enough

✗ ✗ Rounding back

✗ ✗ Shrugging shoulders

↑ Harder Modification

Increase weight or add pause at top

Shoulder Press

Sets × Reps

3 × 10-12

Upper Body

Beginner

Dumbbells or water bottles

Build shoulder strength and stability.

Primary Muscles:

Shoulders

Secondary Muscles:

Triceps, Upper Chest, Core

Breathing Pattern:

Exhale as you press up, inhale as you lower

Setup Position:

- 1 Stand with feet shoulder-width apart
- 2 Hold weights at shoulder height
- 3 Palms facing forward
- 4 Elbows at 90 degrees
- 5 Core engaged, neutral spine

How to Perform:

- 1 Press weights straight overhead
- 2 Extend arms fully at top
- 3 Keep core tight (don't arch back)
- 4 Lower with control back to shoulders
- 5 Maintain steady posture throughout
- 6 Don't let weights drift forward or back

✓ Key Form Cues:

✓ Press straight up, not forward

✓ Keep core braced

✓ Don't arch lower back

✓ Full range of motion

✓ Control the movement



Easier Modification

Seated Press: Sit on chair for more stability

⌚ Common Mistakes:

✗ ✗ Arching lower back excessively

✗ ✗ Pressing weights forward

✗ ✗ Not extending arms fully

✗ ✗ Using legs to push

✗ ✗ Shrugging shoulders



Harder Modification

Alternating Press: Press one arm at a time

Standing Calf Raise

Sets × Reps

3 × 15-20

Lower Body

Beginner

None (optional: wall for balance)

Strengthen calves and improve ankle stability.

Primary Muscles:

Calves

Secondary Muscles:

Feet, Ankles

Breathing Pattern:

Exhale as you rise, inhale as you lower

Setup Position:

- 1 Stand with feet hip-width apart
- 2 Hold wall or chair for balance if needed
- 3 Weight evenly distributed
- 4 Core engaged, posture tall
- 5 Start with heels on ground

How to Perform:

- 1 Rise up onto balls of feet
- 2 Lift heels as high as possible
- 3 Hold at top for 1 second
- 4 Squeeze calves at peak
- 5 Lower heels back down with control
- 6 Maintain balance throughout

✓ Key Form Cues:

✓ Full range of motion

✓ Control both up and down

✓ Don't bounce

✓ Keep legs straight

✓ Balance through all toes



Easier Modification

Seated Calf Raise: Perform sitting down

⌚ Common Mistakes:

✗ ✗ Bouncing at bottom

✗ ✗ Not going full height

✗ ✗ Bending knees

✗ ✗ Rushing the movement

✗ ✗ Wobbling excessively



Harder Modification

Single-Leg Calf Raise: One leg at a time

Dead Bug

Core

Beginner

None

Sets × Reps

3 × 8-10 per side

Core stability exercise that teaches coordination and control.

Primary Muscles:

Core, Abs

Secondary Muscles:

Hip Flexors

Breathing Pattern:

Exhale as you extend, inhale as you return

Setup Position:

- 1 Lie on back
- 2 Lift legs with knees bent at 90 degrees
- 3 Raise arms straight up toward ceiling
- 4 Press lower back into floor
- 5 Engage core

How to Perform:

- 1 Slowly lower right arm overhead and left leg straight
- 2 Keep lower back pressed to floor
- 3 Don't let back arch
- 4 Return to start position
- 5 Alternate sides
- 6 Move slowly and controlled

✓ Key Form Cues:

✓ Keep lower back flat on floor

✓ Move opposite arm and leg

✓ Slow, controlled movement

✓ Core stays engaged

✓ Don't hold breath

↓ Easier Modification

Partial dead bug: Only lower arms OR legs, not both

⌚ Common Mistakes:

✗ ✗ Lower back arching off floor

✗ ✗ Moving too fast

✗ ✗ Holding breath

✗ ✗ Not fully extending limbs

✗ ✗ Neck tension

↑ Harder Modification

Add small weights in hands

Wall Sit

Sets × Reps

3 × 30-45 seconds

Lower Body

Beginner

Wall

Isometric exercise that builds leg endurance and mental toughness.

Primary Muscles:

Quadriceps

Secondary Muscles:

Glutes, Calves

Breathing Pattern:

Breathe steadily - don't hold your breath

Setup Position:

- 1 Stand with back against wall
- 2 Walk feet out about 2 feet
- 3 Slide down until knees at 90 degrees
- 4 Thighs parallel to floor
- 5 Back flat against wall

How to Perform:

- 1 Hold position steady
- 2 Keep knees at 90 degrees
- 3 Weight in heels
- 4 Back pressed to wall
- 5 Breathe normally
- 6 Hold for prescribed time

✓ Key Form Cues:

✓ Knees at 90 degrees

✓ Full back contact with wall

✓ Weight through heels

✓ Stay still

✓ Keep breathing

⌚ Common Mistakes:

✗ ✗ Knees going past toes

✗ ✗ Not going low enough

✗ ✗ Sliding down the wall

✗ ✗ Holding breath

✗ ✗ Feet too close to wall

↓ Easier Modification

Higher position: Don't go as low

↑ Harder Modification

Single-leg wall sit: Lift one foot off ground



Master These Movements

These 10 fundamental exercises form the foundation of your entire 4-week program. Focus on quality over quantity, and refer back to this guide whenever you need a form check. Remember: proper form prevents injury and delivers better results.