

The Beginners Guide To The Gym

4 Week Full
Body
Program



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If you're a beginner looking to get started in the gym, a full-body, three-times-per-week program is one of the best options.

This program revolves around compound exercises that work multiple muscle groups simultaneously, helping you build the perfect foundation for later, more advanced programs.



Beginner GYM TIPS

1

KNOW WHAT TO EXPECT

Researching the gym's facilities and policies can help you feel more prepared and comfortable. Ask a staff member or personal trainer for a gym tour to help you familiarize yourself with the layout and equipment.

2

ASK FOR HELP

Many gyms offer fitness instructors who can help you with any questions you may have. You can also ask a more experienced gym-goer for help or guidance: people usually love to help each other in the gym!

3

FOCUS ON YOURSELF

It's natural to compare, but it's important to remember that everyone has their own journey and goals. Instead of comparing, focus on your own progress and celebrate your accomplishments.

A person is seen from behind, performing a lat pulldown exercise on a machine in a gym. They are wearing a black tank top and black shorts, and are holding a bar with both hands. The machine is black and has a label that reads "HAMMER STRENGTH". In the background, another person is visible, also working out. The gym has a dark floor and various pieces of equipment.

This program is really straightforward: you have four lower body, four upper body, and two core exercises.

WEEK 1

Monday			
Exercise	Sets	Reps	Rest
Back Squat	3	8	3 min
Romanian Deadlift	2	8	2 min
Bench Press	3	10	2 min
3-Point Row	3	12	2 min
Pallof Press	3	6/6	1 min
Wednesday			
Exercise	Sets	Reps	Rest
Bulgarian Split Squat	2	8/8	3 min
Hip Thrust	2	12	2 min
Lat Pulldown	3	10	2 min
Overhead Press	3	12	2 min
Ab Rollout	3	6-8	1 min
Friday			
Exercise	Sets	Reps	Rest
Back Squat	3	8	3 min
Romanian Deadlift	2	8	2 min
Bench Press	3	10	2 min
3-Point Row	3	12	2 min
Pallof Press	3	6/6	1 min

WEEK 2

Monday			
Exercise	Sets	Reps	Rest
Bulgarian Split Squat	3	8/8	3 min
Hip Thrust	3	12	2 min
Lat Pulldown	3	10	2 min
Overhead Press	3	12	2 min
Ab Rollout	3	6-8	1 min
Wednesday			
Exercise	Sets	Reps	Rest
Back Squat	3	8	3 min
Romanian Deadlift	3	8	2 min
Bench Press	3	10	2 min
3-Point Row	3	12	2 min
Pallof Press	3	6/6	1 min
Friday			
Exercise	2	8/8	Rest
Bulgarian Split Squat	2	12	3 min
Hip Thrust	3	10	2 min
Lat Pulldown	3	12	2 min
Overhead Press	3	10	2 min
Ab Rollout	3	6-8	1 min

WEEK 3

Monday			
Exercise	Sets	Reps	Rest
Back Squat	4	8	3 min
Romanian Deadlift	3	8	2 min
Bench Press	3	8	2.5 min
3-Point Row	3	10	2 min
Pallof Press	3	6/6	1 min
Wednesday			
Exercise	Sets	Reps	Rest
Bulgarian Split Squat	3	8/8	3 min
Hip Thrust	3	12	2 min
Lat Pulldown	3	8	2 min
Overhead Press	3	10	2 min
Ab Rollout	3	6-8	1 min
Friday			
Exercise	Sets	Reps	Rest
Back Squat	4	8	3 min
Romanian Deadlift	3	8	2 min
Bench Press	3	8	2.5 min
3-Point Row	3	10	2 min
Pallof Press	3	6/6	1 min

WEEK 4

Monday			
Exercise	Sets	Reps	Rest
Bulgarian Split Squat	3	8/8	3 min
Hip Thrust	3	10	3 min
Lat Pulldown	4	8	2.5 min
Overhead Press	3	10	2.5 min
Ab Rollout	3	6-8	1 min
Wednesday			
Exercise	Sets	Reps	Rest
Back Squat	3	5	3.5 min
Romanian Deadlift	3	6	3 min
Bench Press	4	8	3 min
3-Point Row	3	8	2.5 min
Pallof Press	3	6/6	1 min 
Friday			
Exercise	Sets	Reps	Rest
Bulgarian Split Squat	4	8/8	3 min
Hip Thrust	3	10	3 min
Lat Pulldown	4	8	2.5 min
Overhead Press	3	10	2.5 min
Ab Rollout	3	6-8	1 min