



*4 WEEK WORKOUT PROGRAM FOR*  
*Beginners*



NAKANAKA



# *Starting Strength Training*

Let's be honest, starting strength training can be scary! I remember my first time in a gym - I was totally lost and overwhelmed by all the equipment. (But seriously, don't ever feel embarrassed - we've all been there!) I wish I'd had a clear plan and some support. Luckily, I eventually landed a job at a corporate gym, and that's where I finally learned the ropes and discovered my love for working out. That is why I created this 4-week workout plan for beginners to provide a clear roadmap for your first month, ensuring a positive and productive experience!

# *Which muscles to train when starting*

For beginners, compound exercises are key. These exercises work multiple muscle groups simultaneously, which is the most effective way to build strength and improve overall fitness. Plus, they're more efficient than isolation exercises! We'll focus on full-body workouts, so you'll be training all your muscles effectively in each session.

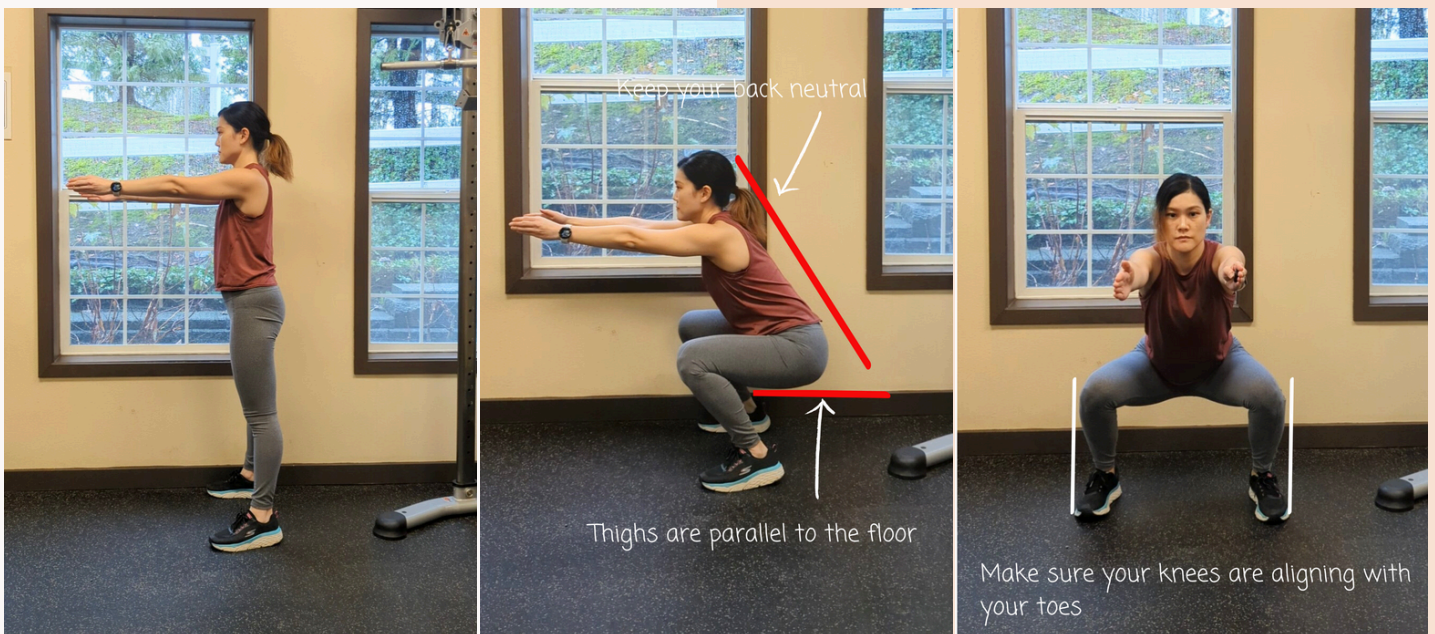
## **Key Muscle Groups:**

- **Legs:** These are your foundation! Strong legs are essential for everyday activities like walking, climbing stairs, and lifting. They also play a crucial role in balance and stability.
- **Back:** A strong back is vital for good posture, preventing back pain, and supporting your spine. It also contributes significantly to overall upper body strength.
- **Chest:** Working your chest contributes to upper body strength and a balanced physique.
- **Shoulders:** Strong and stable shoulders are essential for a wide range of movements, from pushing and lifting to carrying and reaching.
- **Core:** Your core muscles (including your abs, obliques, and lower back) are the foundation of your strength. A strong core improves stability, posture, balance, and power transfer in all your movements.

## The compound exercises you'll focus on for your are:

- **Squats (Bodyweight to Start):** Will work on your quads, glutes, hamstrings, and core. Once you can do 8-12 bodyweight squats with good form, you can start adding weight using dumbbells or a barbell.

**How to:** Stand with feet shoulder-width apart, toes slightly pointed out. Lower your hips as if sitting in a chair, keeping your back straight and chest up. Go as low as you comfortably can, ideally until your thighs are parallel to the ground. Push through your heels to return to the starting position.



Keys are:

1. Keep your back neutral (not rounded or over extended)
2. In the bottom position, aim for thighs parallel to the floor.
3. Keep your knees aligned with your toes; avoid letting them cave in.



- **Lunges (Forward or Reverse):** Will work on quads, glutes, and hamstrings. Once you can do 8-12 lunges per leg, you can start holding dumbbells.

**How to:** Step forward with one leg, lowering your hips until both knees are bent at a 90-degree angle. Push through the front heel to return to the starting position. Repeat on the other leg. Reverse lunges involve stepping backward. Forward lunges place greater emphasis on the quadriceps, whereas reverse lunges target the hamstrings more effectively.



Keys are:

1. Avoid bouncing your body to perform this exercise.
2. Make sure not to kick the floor back to the original position but pull the leg back with your supported leg strength instead.
3. Quadriceps work harder with shorter lunge and glutes work harder with longer lunge.

- **Deadlifts (Light Weight/Barbell Only to Start)**: Will work on hamstrings, glutes, back, and core. Deadlifts require proper form to prevent injury. Start with very light weights until you've mastered the technique.

**How to:** Stand with feet hip-width apart, the barbell over the middle of your feet. Bend at the hips and knees, keeping your back straight, and grip the bar slightly wider than shoulder-width. Lift the bar, keeping it close to your shins, until you're standing upright. Lower the bar back down slowly, hinging at the hips.



Keys are:

1. Make sure you keep your back neutral; not rounded or overextended.
2. The main movement in this exercise is the hip hinge.
3. For beginners, I recommend starting with the kettlebell. It is easy to grab the handle by not thinking too much, and you can also start with a light kettlebell.



- **Rows (Dumbbell Rows are a Good Starting Point)**: Will work on back muscles (lats, rhomboids, traps) and biceps. You can progress to barbell rows or seated cable rows as you get stronger.

**How to:** (Arms row) Grab dumbbells and lean forward. Starting from the hand with a dumbbell at the lowers level, pull the dumbbell up toward your waist. Lower a dumbbell in a controlled movement. (Single arm row) Place one knee and hand on a bench, keeping your back flat. Hold a dumbbell in the other hand and pull it up towards your chest, keeping your elbow close to your body. Lower the dumbbell slowly.



Keys are:

1. Make sure you keep your back neutral; not rounded or overextended.
2. Try not to lift the weight toward your shoulder.
3. For single arm rows, try not to tilt your upper body when pulling a dumbbell toward yourself. Remember to keep your upper body straight.

- **Chest Press (Dumbbell)**: Will work on chest, shoulders and triceps. You can start with lighter weight and gradually increase the weight.

**How to:** Lie flat on the bench with your feet on the ground with wider than the hip width apart. Hold the dumbbells vertically above your chest with an overhand grip at chest level. Your forearms should be vertical to the ground. Raise the dumbbells vertically toward the center. Keep your elbows away from your body when lowering the dumbbells.



Keys are:

1. To avoid the risk of injury, do not lower weight too far.
2. Your elbows should move outward slightly during the lowering phase and come back in slightly during the lifting phase. Avoid letting your elbows flare out too much or tuck in too close to your body.



- **Shoulder Press (Dumbbell to Start)**: Will work on shoulders, triceps, and upper back. Start with light weight and you can gradually progress the weight.

**How to:** Hold the dumbbells overhand at the shoulder level. Keep your back straight. As you keep your palms facing forward, extend your arms upward vertically in a controlled movement. Keep your forearms parallel throughout the exercise. Keep your chest open and do not raise your shoulders as you raise the dumbbells. Lower the dumbbell to the original position in a controlled movement. Do not overextend.



Keys are:

1. Keep your back straight and avoid arching your lower back excessively.
2. Do not lower your elbows throughout this exercise to get the most benefit of it.

- **Plank**: Will work on core muscles. Plank is one of the safest and easiest exercise to strengthen your core.

**How to:** Start in a push-up position, but rest on your forearms instead of your hands. Keep your body in a straight line from head to heels. Hold the position for as long as you can, aiming to increase the hold time gradually.

Keys are:

1. Make sure you form a straight line with your body; do not drop or lift your hip. Keep your elbows below your shoulders.

- **Mountain climber:** Will work on core muscles. The base movement of a mountain climber exercise is the plank position.

**How to:** Lie on the floor facing down as you support your whole body with your hands in shoulder-width apart or a little wider. As you keep your plank position, drive your knees toward your chest alternating the legs.



Keys are:

1. Engage your core a whole time.
2. Do not raise your hip too high.
3. try to keep your body as straight as possible for the optimal result.

- **Side plank**: Will work on core muscles. Side plank is another form of plank, the safest ab workout that can focus on your obliques.

**How to:** Lie on your side with your legs extended and stacked on top of each other. Your body should form a straight line from your head to your feet. Place your forearm on the floor directly under your shoulder. Your elbow should be in line with your shoulder. Your feet can be stacked or staggered (top foot slightly in front of the bottom foot for added stability).

- **Side plank knee to elbow**: Will work on core muscles. Side plank is another form of plank, the safest ab workout that can focus on your obliques.

**How to:** Lie on your side with your legs extended and stacked on top of each other. Your body should form a straight line from your head to your feet. Place your forearm on the floor directly under your shoulder. Your elbow should be in line with your shoulder. Your feet can be stacked or staggered (top foot slightly in front of the bottom foot for added stability). Bring your knee up toward your elbow and touch it.





**Bicycle crunch:** Will work on core muscles. This exercise is a fantastic way to target your abs, obliques, and even your hip flexors.

**How to:** Begin by lying flat on your back on a mat or soft surface. Make sure your lower back is pressed firmly into the ground – this is crucial for engaging your core and protecting your spine. Place your hands behind your head, gently cradling it. Avoid interlacing your fingers or pulling on your neck, as this can lead to strain. Your elbows should be pointing out to the sides. Lift your knees to a 90-degree angle, with your shins parallel to the floor.



Keys are:

1. Engage your core a whole time.
2. Your lower back should remain pressed against the floor at all times. If it starts to arch, you're likely not engaging your core properly and could risk injury.
3. Avoid pulling on your neck to force the twist.



**Bird dog:** The bird dog exercise is a popular core strengthening exercise that targets the muscles in your abs, lower back, and glutes. This exercise also challenges your balance and stability, helping to improve your overall coordination and control.

**How to:** Start on all fours with your hands directly under your shoulders and your knees directly under your hips. Engage your core and keep your back flat. Extend your left arm forward while simultaneously extending your right leg backward. Hold this position for a few seconds, making sure to keep your body stable and balanced. Extend your right arm forward while simultaneously extending your left leg backward. Hold this position for a few seconds, making sure to keep your body stable and balanced. Continue alternating sides for the desired number of repetitions.



Keys are:

1. Engage your core a whole time.
2. Avoid arching your lower back.
3. Keep your neck in a neutral position

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Cardio & ab workouts	Squats KB deadlift Chest press Shoulder press	Cardio & ab workouts	Squats KB deadlift Chest press Shoulder press	Cardio & ab workouts	Squats KB deadlift Chest press Shoulder press	Cardio & ab workouts
Squats Lunges Rows Chest press Shoulder press	Cardio & ab workouts	Squats Lunges Rows Chest press Shoulder press	Cardio & ab workouts	Squats Lunges Rows Chest press Shoulder press	Cardio & ab workouts	Squats Lunges Rows Chest press Shoulder press
Cardio & ab workouts	Squats Lunges KB deadlift Rows Chest press Shoulder press	Cardio & ab workouts	Squats Lunges KB deadlift Rows Chest press Shoulder press	Rest or cardio & abs if possible	Squats Lunges KB deadlift Rows Chest press Shoulder press	Cardio & ab workouts
Squats Lunges KB deadlift Rows Chest press Shoulder press	Cardio & ab workouts	Squats Lunges KB deadlift Rows Chest press Shoulder press	Cardio & ab workouts	Squats Lunges KB deadlift Rows Chest press Shoulder press	Cardio & ab workouts	Squats Lunges KB deadlift Rows Chest press Shoulder press

For cardio and ab workouts, choose any cardio activity (like walking) and one or two ab exercises from the following list: plank, mountain climber, side plank, side plank knee-to-elbow, bicycle crunch, and bird dog.

Begin with 3–4 sets of 15–20 repetitions per exercise. You can start with lighter weight and then gradually increase the weight.

While these guidelines provide a helpful framework, it's essential to prioritize listening to your body. If you're feeling fatigued, don't hesitate to take a rest day. If you experience muscle soreness, rest and consider a warm bath to aid recovery. Equally important is enjoying the process. This workout program is designed to enhance your well-being, not to be a burdensome obligation.

The beauty of strength training lies in its adaptability. You can create a plan specifically designed to meet your unique needs and goals. This workout plan is simply a starting point; feel free to adjust it based on your current fitness level, your progress, and any specific objectives you may have. That is what I want you to learn and I am here to help!

Want to learn how to create your own effective workout plan? Check out my eBook, "How to Program Your Workout Plan," in the [SHOP](#).

Need guidance? I offer 30-minute online fitness sessions to discuss your goals and challenges and create a personalized plan. First one is free! Learn more [HERE](#) or book your free session [HERE](#).

Welcome to your fitness journey! Enjoy every step.