

# 4 WEEK WORKOUT SCHEDULE FOR BEGINNERS

## MONDAY

15 squats x 3  
15 knee push-ups x 3  
12 triceps dips x 3  
30 step-ups x 3  
16 backward lunges (8  
each leg) x 3  
12 overhead triceps  
extensions x 3

## WEDNESDAY

20 Russian twists x 3  
30-second planks x 3  
20 leg raises x 3  
**CARDIO WORKOUT**  
Walk outside or on the  
treadmill for 40  
minutes, at a brisk pace

## FRIDAY

16 forward lunges (6 each leg)  
x3  
15 dumbbell hammer curls x3  
15 glute bridges x3  
15 bicep curls x3  
15 dumbbell rows x3  
15 stiff leg deadlifts x3

## TUESDAY

16 forward lunges (8  
each leg) x 3  
15 dumbbell hammer  
curls x 3  
15 glute bridges x 3  
15 bicep curls x 3  
15 dumbbell rows x 3  
15 stiff leg deadlifts x 3

## THURSDAY

15 squats x 3  
15 knee push-ups x 3  
12 triceps dips x3  
30 step ups x3  
16 backward lunges (8  
each leg) x3  
12 overhead triceps  
extension x3

## SATURDAY

30-45 minutes minute  
walking (low-intensity  
steady state cardio)

## **SUNDAY**

**Rest**

# Routine For Creators And Bloggers How To Start Home Workout Routine For

**E Durkheim**



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