



Beginner 4-Week Gym Split

This 4-week beginner workout split is designed for college students or anyone new to the gym. The workouts are structured to balance **strength building, muscle growth, and recovery**. It focuses on simple, effective exercises and teaches you the fundamentals of weight training.

Weekly Structure

Day 1: Full Body (Push emphasis)

Day 2: Rest or Active Recovery

Day 3: Full Body (Pull emphasis)

Day 4: Rest

Day 5: Full Body (Legs emphasis)

Day 6: Optional: Conditioning & Core

Day 7: Rest

Day 1 – Push (Chest, Shoulders, Triceps Focus)

- Dumbbell Bench Press – Builds chest, shoulders, triceps.
- Incline Dumbbell Press – Targets upper chest & shoulders.
- Overhead Dumbbell Press – Improves shoulder strength.
- Lateral Raises – Shapes the shoulders.
- Triceps Pushdowns – Supports pressing strength.
- Optional: Incline Walk – Easy cardio finisher.

Day 3 – Pull (Back & Biceps Focus)

- Lat Pulldown – Builds back width.
- Seated Cable Row – Improves posture & mid-back.
- One-Arm Dumbbell Row – Prevents imbalances.
- Face Pulls – Great for rear delts & posture.
- Dumbbell Curls – Strengthens biceps.
- Optional Core: Plank & Twists – Core stability.

Day 5 – Legs (Quads, Hamstrings, Glutes Focus)

- Goblet Squat – Intro to squatting safely.
- Leg Press – Builds quads.
- Romanian Deadlift – Strengthens hamstrings & glutes.
- Walking Lunges – Improves balance & legs.
- Glute Bridges – Builds glutes & hip strength.
- Calf Raises – Strengthens calves.

Day 6 – Optional Conditioning & Core

- 15–20 min cardio – Bike, row, or walk.
- Plank – Core endurance.
- Leg Raises – Lower abs focus.
- Cable Woodchoppers – Builds rotation strength.

4-Week Progression

Week 1: Learn form, go light.

Week 2: Add small weight increases (2.5–5 lbs).

Week 3: Push toward top rep ranges.

Week 4: Slightly increase intensity, rest as needed.

Nutrition & Recovery

Protein: 0.7–1g per lb of bodyweight.

Calories: Slight surplus for muscle gain.

Sleep: 7–9 hrs/night.

Hydration: 2–3L daily.

Consistency: Small steps lead to long-term results.