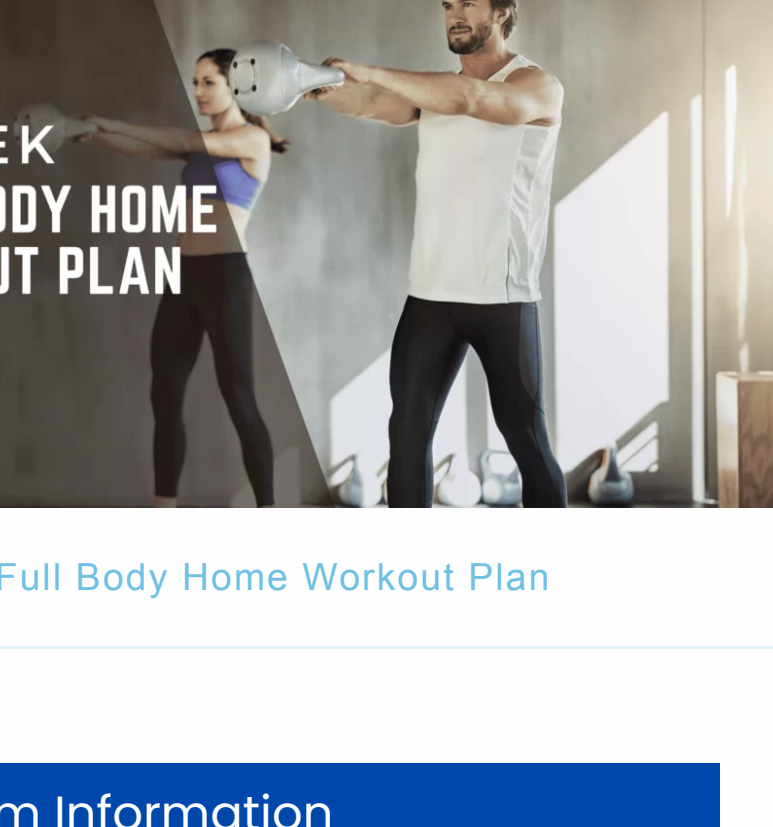


4 WEEK FULL BODY HOME WORKOUT PLAN

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Four-Week Full Body Home Workout Plan

Program Information

This 4-week workout program is designed to progressively build strength, endurance, and overall fitness. It is suitable for beginners and those looking to establish a consistent workout routine.

Program Features

FEATURE	DETAILS
Duration	4 weeks
Focus	Progressive improvement in strength, endurance, and overall fitness.
Structure	Combination of upper body, lower body, core, and full-body workouts, with active rest days for recovery.
Intensity	Starts with foundational exercises and gradually increases in intensity to challenge your body.

Program Summary

WEEK	FOCUS	SUMMARY
Week 1	Foundation	Build a solid base with fundamental exercises for upper body, lower body, and core.
Week 2	Progression	Increase intensity with more reps and sets from Week 1 to continue building strength and endurance.
Week 3	Strength Building	Focus on higher sets and reps to build strength and endurance.
Week 4	Intensity Increase	Push limits with the highest number of sets and reps for maximum intensity.

Guide

DAY	TIPS
Day 1	Keep your core engaged during push-ups and plank shoulder taps.
Day 2	Maintain proper form to prevent injury and maximize effectiveness.
Day 3	Perform controlled movements to engage muscles fully.
Day 4	Choose an enjoyable cardio activity for active rest.
Day 5	Maintain a steady pace to keep the intensity high throughout the workout.

Workout Plan

Week 1: Foundation

DAY	EXERCISE	SETS	REPS
Day 1	Push-Ups	3	10
	Tricep Dips	3	10
	Plank Shoulder Taps	3	15
Day 2	Squats	3	15
	Lunges	3	10 per leg
	Glute Bridges	3	15
Day 3	Plank	3	30 seconds
	Bicycle Crunches	3	20
	Russian Twists	3	20
Day 4	Light Cardio (walking, jogging, or dancing)	1	30 minutes
Day 5	Burpees	3	10
	Jumping Jacks	3	30
	Mountain Climbers	3	20

Week 2: Progression

DAY	EXERCISE	SETS	REPS
Day 1	Push-Ups	3	12
	Tricep Dips	3	12
	Plank Shoulder Taps	3	20
Day 2	Squats	3	20
	Lunges	3	12 per leg
	Glute Bridges	3	20
Day 3	Plank	3	45 seconds
	Bicycle Crunches	3	25
	Russian Twists	3	25
Day 4	Light Cardio (walking, jogging, or dancing)	1	30 minutes
Day 5	Burpees	3	12
	Jumping Jacks	3	40
	Mountain Climbers	3	25

Week 3: Strength Building

DAY	EXERCISE	SETS	REPS
Day 1	Push-Ups	4	15
	Tricep Dips	4	15
	Plank Shoulder Taps	4	25
Day 2	Squats	4	25
	Lunges	4	15 per leg
	Glute Bridges	4	25
Day 3	Plank	4	60 seconds
	Bicycle Crunches	4	30
	Russian Twists	4	30
Day 4	Light Cardio (walking, jogging, or dancing)	1	30 minutes
Day 5	Burpees	4	15
	Jumping Jacks	4	50
	Mountain Climbers	4	30

Week 4: Intensity Increase

DAY	EXERCISE	SETS	REPS
Day 1	Push-Ups	4	20
	Tricep Dips	4	20
	Plank Shoulder Taps	4	30
Day 2	Squats	4	30
	Lunges	4	20 per leg
	Glute Bridges	4	30
Day 3	Plank	4	90 seconds
	Bicycle Crunches	4	35
	Russian Twists	4	35
Day 4	Light Cardio (walking, jogging, or dancing)	1	30 minutes
Day 5	Burpees	4	20
	Jumping Jacks	4	60
	Mountain Climbers	4	35

By following this four-week full body home workout plan, you will see significant improvements in your strength, endurance, and overall fitness. Stay consistent, listen to your body, and enjoy the journey to a healthier you. For more fitness tips and workout plans, visit our website [wilfits.com](https://www.wilfits.com).