



Beginner's Strength & Hypertrophy 4-Week Programme

Use this full body 4-week workout plan to improve your strength and induce muscle hypertrophy gains. This workout is intended purely for beginners who have little to no gym experience, or those that are returning to training after some time off.

Abbreviations: RIR* = Reps in Reserve; DB = Dumbbell; RDL = Romanian Deadlift; SM = Smith Machine; BB = Barbell.

*RIR - The number of reps that you have left 'in the tank' following each set.

For further information and guidance don't hesitate to get in touch.

Week 1

Push	Exercise	Reps	Sets	RIR	Rest (mins)	Pull	Exercise	Reps	Sets	RIR	Rest (mins)	Legs	Exercise	Reps	Sets	RIR	Rest (mins)
	Machine Chest Press	8	3	2-2-2	2-3		Lat Pull Down	8	3	2-2-2	2-3		Leg Press	8	3	2-2-2	2-3
	Machine Shoulder Press	8	3	2-2-2	2-3		Chest Supported Row	8	3	2-2-2	2-3		Leg Curl	10	3	2-2-2	2-3
	Machine Pec Fly	10	3	2-2-2	1-2		Rear Delt Fly	10	3	2-2-2	1-2		Leg Ext.	10	3	2-2-2	1-2
	DB Lateral Raise	10	3	2-2-2	1-2		DB Shoulder Shrugs	10	3	2-2-2	1-2		DB RDL	8	3	2-2-2	1-2
	Assisted Tricep Dips	8	2	2-2	1-2		DB Curls	10	2	2-2	1-2		Calf Raises	10	3	2-2-2	1-2
	Cable Rope Ext.	10	2	2-2	1-2		Bar Cable Curls	10	2	2-2	1-2		Hyperextensions	10	2	2-2	1-2

Week 2

Push	Exercise	Reps	Sets	RIR	Rest (mins)	Pull	Exercise	Reps	Sets	RIR	Rest (mins)	Legs	Exercise	Reps	Sets	RIR	Rest (mins)
	SM Incline Press	8	3	2-2-2	2-3		Assisted Pullups	8	3	2-2-2	2-3		BB Squat	8	3	2-2-2	2-3
	DB Shoulder Press	8	3	2-2-2	2-3		SM Bent Over Row	8	3	2-2-2	2-3		BB RDL	10	3	2-2-2	2
	Cable Pec Fly	12	3	2-2-2	1-2		Lat Prayer	12	3	2-2-2	1-2		Leg Ext.	10	3	2-2-1	1-2
	Upright Row	12	3	2-2-2	1-2		Cable Rear Delt Fly	12	3	2-2-1	1-2		Leg Curl	10	3	2-2-1	1-2
	Assisted Tricep Dips	8	3	2-2-2	1-2		Seated Incline Hammers	12	3	2-2-2	1-2		Calf Raises	12	3	2-2-2	1-2
	Overhead Cable Tricep Ext.	10	2	2-2	1-2		Preacher Curl	12	2	2-2	1-2		DB Lunges	10	2	2-1	1-2

Week 3

Push	Exercise	Reps	Sets	RIR	Rest (mins)	Pull	Exercise	Reps	Sets	RIR	Rest (mins)	Legs	Exercise	Reps	Sets	RIR	Rest (mins)
	DB Bench Press	10	3	2-2-1	2-3		DB Bent Over Row	10	3	2-2-1	2-3		Leg Press	10	3	2-2-1	2-3
	Military Press	10	3	2-2-1	2-3		Kneeling Unilateral Lat Pulldown	10	3	2-2-1	2-3		DB RDL	10	3	2-2-1	2
	Machine Pec Fly	12	3	2-1-1	1-2		Rear Delt Fly	12	3	2-1-1	1-2		Bulgarian Split Squats	10	3	2-2-1	2
	Cable Egyptian Lat Raise	12	3	2-2-2	1-2		DB Shoulder Shrugs	12	3	2-2-1	1-2		Prone Leg Curl	12	3	2-2-1	1-2
	Overhead Tricep Press (DB)	10	3	2-2-2	1-2		Concentration Curls	12	3	2-2-2	1-2		Calf Raises	10	4	2-2-1	1-2
	Cable Unilateral Tricep Ext.	12	3	2-1-0	1-2		Rope Hammer Curls	12	3	2-1-0	1-2		Hyperextensions	10	3	2-2-1	1-2

Week 4

Push	Exercise	Reps	Sets	RIR	Rest (mins)	Pull	Exercise	Reps	Sets	RIR	Rest (mins)	Legs	Exercise	Reps	Sets	RIR	Rest (mins)
	Incline DB Press	12	3	2-1-1	2-3		Assisted Pullups	12	3	2-1-1	2-3		BB Squat	10	3	2-2-1	2-3
	DB Shoulder Press	12	3	2-1-1	2-3		BB Bent Over Row	12	3	2-2-2	2-3		DB RDL	12	3	2-1-1	2
	Cable Pec Fly	12	3	2-1-1	1-2		Lat Prayer	12	3	2-2-1	1-2		Leg Ext.	12	3	2-1-1	1-2
	DB Lateral Raise	12	3	2-1-1	1-2		Cable Rear Delt Fly	12	3	2-1-1	1-2		Leg Curl	12	3	2-1-1	1-2
	Assisted Tricep Dips	12	3	2-2-1	1-2		Preacher Curl	12	3	2-2-1	1-2		Calf Raises	12	4	2-2-2-2	1-2
	Cable Rope Ext.	12	3	2-1-0	1-2		Unilateral Cable Curl	12	3	2-1-0	1-2		DB Lunges	12	3	2-1-1	1-2