

4-Week Bodyweight Workout Plan to Get Ripped and Build Muscle

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Check out [article](#) for more info

Program Summary

| | |
|------------------------|---|
| Duration | 45-60 minutes |
| Split Type | Combined Body Part Split |
| Exercise Type | Bodyweight Only |
| Experience Require | Intermediate to Advanced |
| Program Goal | Get Ripped, Increase Mass and Strength |
| Training days per week | Five |
| Target Gender | Both Male and Female |
| Program Duration | 12 Weeks (4 weeks are included in this article) |

This program includes five training days per week, including one **HIIT cardio** session.

This routine is based on the tri-set method, which involves performing three exercises in a row with no rest between them. The tri-set scheme helps get more work done in less time and helps you get strong and ripped over time.

Bodyweight Weekly Training Split:

- Monday – Chest, Legs, and Arms
- Tuesday – Back, Shoulder, and Core
- Wednesday – OFF
- Thursday – Legs, Chest, and Arms
- Friday – Back, Shoulder, and Abs
- Saturday – HIIT Cardio
- Sunday – OFF

Additional Instructions:

- **Number of Rounds per Tri-set:** Two for Beginners, Three for Intermediates, and Four for Advanced Fitness Enthusiasts
- **Rest After each Round:** 2-minute
- **Warm-up before working sets:** I recommend a three to five-minute quick warm-up to get your body temperature up and increase blood flow before starting your main workout.

Bodyweight Training Plan – Week 1

The first week involves performing fewer repetitions. This will help you bolster your foundational strength and prepare you for the next week.

Monday – Chest, Legs, and Arms

| Triset 1 | Triset 2 | Triset 3 |
|------------|--------------------|----------------------|
| 5 Push-ups | 5 Incline Press-up | 5 Decline Press-up |
| 10 Squats | 10 Lunges (5/leg) | 10 Single-Leg Bridge |

| | | |
|--------------------|-----------------------------|---------------|
| 10 BW Curls | 10 Triceps Extension | 10 Bench Dips |
|--------------------|-----------------------------|---------------|

Tuesday – Back, Shoulder, and Core

| Triset 1 | Triset 2 | Triset 3 |
|--------------------|----------------------------|-------------------------------|
| 10 Towel Row | 10 Superman Pull | 5 Floor IYT Raises |
| 5 Pike Push-ups | 10 BW Lateral Raise | 5 Rear Delt Retraction |
| 30-sec Mt. Climber | 15-sec Flutter Kicks | 10 Reverse Crunches |

Thursday – Legs, Chest, and Arms

| Triset 1 | Triset 2 | Triset 3 |
|------------------------|-------------------------|------------------------|
| Archer Pushup (5/side) | 5 Diving Push-up | 5 Negative Push-up |
| 10 Plie Squats | Reverse Lunges (5/leg) | Single-Leg RDL (5/leg) |
| Doorway Curl (5/arm) | 5 Sphinx push-up | 5 Triangle Push-up |

Friday – Back, Shoulder, and Abs

| Triset 1 | Triset 2 | Triset 3 |
|-----------------------|----------------------------|------------------------|
| Renegade Row (5/side) | 5 Push-up Plus | 5 Inverted Row |
| 5 Pike Push-ups | 10 BW Lateral Raise | 5 BW Torso Pull |
| 30-sec Crunches | 15-sec Knee Tucks | 45-sec Plank |

Saturday – HIIT Cardio

High-intensity interval training (HIIT) involves performing exercises with max effort followed by a quick recovery period. The one bout typically lasts 10 to 30 seconds.

It is a time-efficient approach to torch calories, burn fat, and help you get sculpted over time.

| Round 1 | Round 2 | Round 3 |
|--------------------------|----------------------------------|-------------------------------|
| 15-sec Jumping Jacks | 15-sec High Knees | Shoulder Tap |
| 10 Squat Jumps | 15-sec Flutter Kicks | 30-sec Cross Mt. Climber |
| Plank Knee Taps (5/side) | Plank Ankle Taps (5/side) | 30-sec Bear Crawl |
| 30-sec Mt. Climber | 10 Situps | Lunges to Kick (5/leg) |

| | | |
|-----------|-----------|-----------|
| 5 Burpees | 5 Burpees | 5 Burpees |
|-----------|-----------|-----------|

Bodyweight Workout Routine – Week 2

You'll do more repetitions during the second week than the first one. I also recommend increasing the intensity to challenge your fitness level and stimulate endurance and muscle building.

Monday – Chest, Legs, and Arms

| Triset 1 | Triset 2 | Triset 3 |
|------------------|--------------------------|--------------------|
| 8 Push-ups | 8 Incline Press-up | 8 Decline Press-up |
| 12 Goblet Squats | 16 Lateral Lunges(8/leg) | 16 Calf Raises |
| 12 BW Curls | 12 Triceps Extension | 12 Bench Dips |

Tuesday – Back, Shoulder, and Core

| Triset 1 | Triset 2 | Triset 3 |
|--------------------|----------------------|------------------------|
| 12 Towel Row | 12 Superman Pull | 8 Floor IYT Raises |
| 8 Pike Push-ups | 12 BW Lateral Raise | 8 Rear Delt Retraction |
| 30-sec Mt. Climber | 15-sec Flutter Kicks | 15 Reverse Crunches |

Thursday – Legs, Chest, and Arms

| Triset 1 | Triset 2 | Triset 3 |
|------------------------|------------------------|------------------------|
| Archer Pushup (8/side) | 8 Diving Push-up | 8 Negative Push-up |
| 12 Plie Squats | Reverse Lunges (8/leg) | Single-Leg RDL (6/leg) |
| Doorway Curl (8/arm) | 8 Sphinx push-up | 8 Triangle Push-up |

Friday – Back, Shoulder, and Abs

| Triset 1 | Triset 2 | Triset 3 |
|-----------------------|---------------------|-----------------|
| Renegade Row (8/side) | 8 Push-up Plus | 8 Inverted Row |
| 8 Pike Push-ups | 12 BW Lateral Raise | 8 BW Torso Pull |
| 15 Crunches | 20-sec Knee Tucks | 1-minute Plank |

Saturday – HIIT Cardio

| Round 1 | Round 2 | Round 3 |
|--------------------------|---------------------------|--------------------------|
| 15-sec Jumping Jacks | 15-sec High Knees | Shoulder Tap (8/side) |
| 10 Squat Jumps | 15-sec Flutter Kicks | 30-sec Cross Mt. Climber |
| Plank Knee Taps (5/side) | Plank Ankle Taps (5/side) | 30-sec Bear Crawl |
| 30-sec Mt. Climber | 10 Situps | Lunges to Kick (5/leg) |
| 6 Burpees | 6 Burpees | 6 Burpees |

Bodyweight Workout Plan – Week 3

During the third week, I've included more unique exercises to keep you engaged while making progress. Same as the second week, It will also have more repetitions than the second week.

Monday – Chest, Legs, and Arms

| Triset 1 | Triset 2 | Triset 3 |
|-------------------------|--------------------------|--------------------------|
| 10 Dive Bomber Push-ups | 12 Flat Push-up | 12 Feet Elevated Push-up |
| 10 Squat to Calf Raises | 10 Curtsy Lunges (5/leg) | 10 Frog Pumps |
| 15 BW Curls | 15 Triceps Extension | 10 Floor Dips |

Tuesday – Back, Shoulder, and Core

| Triset 1 | Triset 2 | Triset 3 |
|------------------------|-----------------------|----------------------------|
| 20 Bent-Over Towel Row | 15 Superman Towel Row | 10 Floor IYT Raises |
| 5 One-arm Push-ups | 10 BW Lateral Raise | 5 Towel Face Pull |
| 10 V-Ups | 15-sec Russian Twist | Bird Dog Crunches (5/side) |

Thursday – Legs, Chest, and Arms

| Triset 1 | Triset 2 | Triset 3 |
|-------------------------|---|------------------------|
| Archer Pushup (10/side) | 10 Wide-arm Push-ups | 10 Negative Push-up |
| 10 Plie Squats | Long Lever Bridge March (8/side) | Single-Leg RDL (8/leg) |
| Doorway Curl (10/arm) | 10 Sphinx push-up | 10 Triangle Push-up |

Friday – Back, Shoulder, and Abs

| Triset 1 | Triset 2 | Triset 3 |
|------------------------|---|------------------------|
| Renegade Row (10/side) | 10 Superman External Arm Rotation | 10 Inverted Row |
| 10 Pike Push-ups | 12 BW Lateral Raise | 12 Lying Rear Delt Fly |
| | 15-sec Knee Tucks | 90-sec Plank |

Saturday – HIIT Cardio

| Round 1 | Round 2 | Round 3 |
|--------------------------|---------------------------|-------------------------|
| 20-sec Jumping Jacks | 15-sec High Knees | 15-sec Sprint in Place |
| 15 Pop Squats | Spiderman Lunges (10/leg) | Shoulder Taps (10/side) |
| Plank Knee Taps (8/side) | Plank Ankle Taps (8/side) | 30-sec Bear Crawl |
| 30-sec Mt. Climber | 15-sec Bicycle Crunch | Lunges to Kick (5/leg) |
| 8 Burpees | 8 Burpees | 8 Burpees |

Bodyweight Training Plan – Week 4

In the fourth and final week, you'll push yourself with higher-intensity workouts and advanced exercises. This will help you reach your peak fitness level by the end of the program.

Monday – Chest, Legs, and Arms

| Triset 1 | Triset 2 | Triset 3 |
|----------------------|-------------------------|------------------------------------|
| 20 Flat Push-ups | 10 Staggered Push-ups | 15 Incline Press-up |
| Pistol Squat (5/leg) | 15 Squat to Calf Raises | 10 Prone Frog Lift |
| 10 BW Curls | 10 Triceps Extension | 10 Single-Leg Dips |

Tuesday – Back, Shoulder, and Core

| Triset 1 | Triset 2 | Triset 3 |
|---|------------------|---------------------|
| 10 Prone Around The World | 10 Superman Pull | 10 Floor IYT Raises |

| | | |
|--------------------|-------------------------|------------------------|
| 5 Pike Push-ups | 10 BW Lateral Raise | 5 Rear Delt Retraction |
| 30-sec Mt. Climber | 15-sec Hollow Body Hold | 10 Reverse Crunches |

Thursday – Legs, Chest, and Arms

| Triset 1 | Triset 2 | Triset 3 |
|---------------------------------|-------------------------|--------------------------|
| Archer Pushup (5/side) | 5 Diving Push-up | 5 Negative Push-up |
| 10 Back and Forth Lunges | Shrimp Squat (5/leg) | Glute Kickback (10/side) |
| Doorway Curl (5/arm) | 5 Sphinx push-up | 5 Triangle Push-up |

Friday – Back, Shoulder, and Abs

| Triset 1 | Triset 2 | Triset 3 |
|-----------------------------|-----------------------------------|---------------------------|
| Renegade Rows (10/side) | 10 Superman External Arm Rotation | 5 Inverted Row |
| 10 Dolphin Push-ups | 10 Bodyweight Lateral Raise | 10 Scapula Push-up |
| Single-Leg Tuck-up (5/side) | 15-sec Knee Tucks | 45-sec Plank |

Saturday – HIIT Cardio

| Round 1 | Round 2 | Round 3 |
|--------------------------|-----------------------------------|--------------------------|
| 15-sec Jumping Jacks | 15-sec High Knees | Jumping Lunges (10/side) |
| 10 Squat Jumps | Side Plank Hip Taps (15-sec/side) | 30-sec Cross Mt. Climber |
| Plank Knee Taps (5/side) | Plank Ankle Taps (5/side) | 10 Grappler Push-ups |
| 10 Kneeling Squat Jumps | Sit Outs (10/side) | Lunges to Kick (5/leg) |
| 10 Burpees | 10 Burpees | 10 Burpees |

Can You Get Ripped with Just Bodyweight Exercises?

Yes, it's possible to get ripped just by doing bodyweight exercises.

Here's why:

- If you're overweight, High-intensity bodyweight exercises burn more calories than weight training and help you reduce body fat percentage (if you follow a calorie deficit lifestyle).
- If you're lean, bodyweight workouts help you build muscles and gain mass that will help you get ripped (if you eat a good number of proteins and a balanced diet).

How Long Does It Take Time to Get Ripped?

It depends on several factors, such as your hormones, like how your body responds to what you do and eat, the level of your testosterone and human growth hormone, selection of exercises and foods, etc. However, in general, it takes a minimum of 3 months for your body to start getting ripped.

How Can You Get Ripped in 30 Days?

If you want to get ripped in 30 days, you can try the following things:

1. Be consistent with your workout.
2. Increase workout intensity and timing, and train 6 days a week.
3. Include more proteins in your diet and decrease the amount of fat. If you're overweight, stay in the calorie deficit, and if you're lean, stay in the calorie surplus.
4. Add resistance exercises to your workout routine, such as weight training.

5. Sleep 7 to 8 hours so your muscles get proper rest.

Helpful Resources:

- [Rear Delt Exercises](#)
- [Bodyweight Push Exercises](#)
- [Bodyweight Pull Exercises](#)
- [Bodyweight Lat Exercises](#)
- [Hamstring Exercises](#)
- [Bodyweight Exercises for Arms](#)
- [Total Body Workouts for Beginners](#)
- [Bodyweight Exercises For Back](#)
- [Bodyweight Exercises for Shoulder](#)

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