

THE BEST BEGINNER BODYWEIGHT WORKOUT ROUTINE AT HOME (NO EQUIPMENT)

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This program is suitable for every male and female who wants to bolster their foundational strength, shape their physique, and level up their fitness for resistance exercises.

Here's a brief summary of this beginner body weight routine:

- Program Duration: 4 Weeks
- Routine Type: Bodyweight
- Sessions/Week: Three
- Duration/Session: 15-30 minutes
- Suitable for: Men and Women
- Equipment Needed: No Equipment, Bodyweight Exercises only
- Goal: Develop fundamental strength, build lean mass, and improve body composition
- Best time to work out: Any time of the day that suits you the most
- Plank to follow next: [90-Day Home Workout Routine](#)

Okay! So, here's a four-week full body bodyweight workout for beginners.

Start your workout with 2-3 minutes of quick warm-up. Warm-up helps increase body temperature and prepares your muscles for strength exercises. You can do jumping jacks, leg swings, ankle hops, squat jumps, mountain climbing, etc.

Instructions:

- Perform each exercise 10-12 reps and isometric exercises 10-15 seconds.
- Aim for as many rounds as possible in each training session.
- Take shorter rest between exercises and rounds.

Week 1

Monday	Wednesday	Friday
Basic Squat	Lunges	Squat Thrust
Kneeling Pushup	Incline Pushup	Kneeling Diamond Pushup
Superman Pull	Floor IYT Raises	Superman Pull
Shoulder Tap	Bear Crawl	Sumo Squat
Glute Bridge	Calf Raise	High/Forearm Plank

Week 2

Monday	Wednesday	Friday
Lateral Squat	Wall Sit	Sumo Squat
Wall Pushup	Kneeling Pushup	Incline Pushup
Superman Pull	Prone IYT Raises	Superman Pull
Shoulder Tap	Bear Crawl	Wall Sit
Glute Bridge	Lunges	Plank Triceps Extension

Week 3

Monday	Wednesday	Friday
Basic Squat	Lunges	Sumo Squat
Kneeling Pushup	Incline Pushup	Standard Pushup
Prone IYT Raises	Lateral Squat	Prone IYT Raises
Chair Dips	Bear Crawl	Chair Dips
Glute Bridge	Superman Pull	Calf Raises

Week 4

Monday	Wednesday	Friday
Basic Squat	Lunges	Sumo Squat
Dive Bomber Pushup	Diamond Pushup	Negative Pushup
Decline Knee Pushups	Prone IYT Raises	Superman Pull
Superman Pull	Bear Crawl	Chair Dips
Shoulder Taps	Forearm Plank	Side Plank

The Ultimate Bodyweight Exercises for Beginners

- [1. Basic Squat](#)
- [2. Stationary Front Lunges](#)
- [3. Lateral Squat](#)
- [4. Sumo Squat](#)
- [5. Calf Raise](#)
- [6. Wall Sit](#)
- [7. Glute Bridge](#)
- [8. Wall Pushup](#)
- [9. Kneeling Pushup](#)
- [10. Incline Pushup](#)
- [11. Standard Pushup](#)
- [12. Negative Pushup](#)
- [13. Decline Knee Pushups](#)
- [14. Diamond Pushup](#)
- [15. Chair Dips](#)
- [16. Plank Triceps Extension](#)
- [17. Prone IYT Raises](#)
- [18. Superman Pull](#)
- [19. Narrow Wall Pushup](#)
- [20. Bicep Leg Curl](#)
- [21. Squat Thrust](#)
- [22. Shoulder Tap](#)
- [23. Bear Crawl](#)
- [24. Dive Bomber Pushup](#)
- [25. Mountain Climber](#)

- [Arm Circles](#)
- [Cat-Cow](#)
- Reverse Lunges
- Step-ups
- Clamshells
- Hamstring Stretch
- Quad Stretch
- Flutter Kicks
- Reverse Crunches
- Deadbug
- Front Plank
- Side Plank

- High Knees
- Half Burpees
- Inchworm

Additional Tips for Maximizing Your Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

5. Creator note

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)
4. [Bulk Extreme](#) (Supplement)

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