

4-Week Home Gym Workout Plan to Get Strong, Flexible, and Aesthetics

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Check out [article](#) for more info

About This Program

Sessions/Week: This program involves training six times weekly – three days strength training for muscle building, two days aerobic workout for improving endurance and cardiovascular fitness, and one day mobility training for improving balance and flexibility.

Equipment Needed: You need barbells, dumbbells, resistance bands, and a flexible workout bench in your home gym to follow this plan.

Experience Require: This program is for intermediates who have been exercising for a while. However, if you're a beginner, you can also follow it after excluding those exercises that don't suit your fitness level.

Program Goal: This program involves various types of workouts that will help you gain lean mass, increase strength, improve aesthetics, and make you flexible.

Rest Between Sets: I recommend keeping the rest between sets as short as possible.

4-Week Home Gym Workout Plan to Build Muscle

- **Monday:** Hypertrophy Workout
- **Tuesday:** Aerobic Cardio
- **Wednesday:** Hypertrophy Workout
- **Thursday:** Aerobic Cardio
- **Friday:** Hypertrophy Workout
- **Saturday:** Mobility Workout
- **Sunday:** OFF

This hybrid training split will help you scale your fitness to the next level and shape your physique over time.

I recommend doing a quick 3 to 5 minutes of bodyweight cardio to increase your body temperature and prepare you for the workout outlined below.

Monday – Hypertrophy Workout

Exercise	Sets	Reps	Target Muscle
Goblet Squat	3	15-20	Leg
Standard Push-up	3	10-15	Chest
Overhead Press	3	12-15	Shoulder
Bent-over Barbell Row	3	10-15	Back
Romanian Deadlift	3	10-12	Hamstring

Incline Dumbbell Curl	3	10-12	Biceps
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Tuesday – Aerobic Cardio

- 15-second Jumping Jacks
- 15-second Mountain Climber
- 10 Squat Jumps
- 20 Shoulder Taps (10/side)
- 10 Sit-ups
- 20 High Knees Taps (10/side)
- 45-60 second Forearm Plank
- Perform as many rounds as possible in 20 minutes.

Wednesday – Hypertrophy Training

Exercise	Sets	Reps	Muscle
Walking Lunges	3	10/leg	Leg
Incline Bench Press	3	12-15	Chest
Lateral Delt Raises	3	10-12	Shoulder
Chest-Supported Row	3	10-15	Back
Lying Leg Curl	3	10-15	Hamstrings
Leaning One-leg Calf Raises	3	15/leg	Calves
Triangle Push-up	3	10-12	Triceps

Thursday – Flexibility Exercises

- 15-second Upward Salute
- 15-second [Child Pose with Reach](#)
- 15-second Cobra Pose
- 15-second Seated Bend Forward
- 30-second World's Greatest Stretch (15-second/side)
- 15-second Standing Bend Forward

- 30-second [Superman Raise](#)
- 10-second Boat Pose
- Perform three to five rounds.

Friday – Hypertrophy Workout

Exercise	Sets	Reps	Muscle
Kettlebell Swings	3	15-20	Full Body
Barbell Deadlift	3	8-10	Full Body
Incline Dumbbell Fly	3	12-15	Chest
Bent-Over Lateral Raises	3	10-12	Shoulder
Single-arm Dumbbell Row	3	10/side	Back
Barbell Hip Thrust	3	12-15	Glutes
Concentration Curl	3	10/arm	Biceps

Saturday – Aerobic Cardio

- 15-second Sprint in Place
- 5-6 Burpees
- 15-second [Crossbody Mountain Climber](#)
- 10 Jumping Lunges (5 per leg)
- 10 Knee Tap Push-ups (5 taps per knee)
- 50 Jumping Rope/10 Squat Jumps
- 20 Shoulder Taps (10/side)
- 30-second Side Plank on each side
- Repeat as many times as possible for 20 minutes.

Helpful Resources:

1. [Full List of Bodyweight Exercises by Muscle Group with PDF](#)
2. [List of 100 Stretching Exercises](#)
3. [List of 70 Best Bodyweight Cardio Exercises](#)

4. [The Ultimate List of 82 Kettlebell Exercises](#)
5. [Ultimate List of Dumbbell Exercises by Muscle Group](#)
6. [List of Resistance Band Exercises by Muscle Group](#)

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