

4 Week Beginner's Strength Training Workout

The following is the best beginner's strength training workout for a woman. While doing this program you will find that you are building muscle with each exercise and you will start to see changes in your body as each week of the routine goes by. This strength building program for women is low impact, but high results and full of benefits that will do wonders for your body. You could begin to see results in as little as 4 weeks.

In the following section, we will break out your workout by days of the week, focusing on a particular body part on each day. We will give you several exercises to incorporate into each day.

Week 1 - Using your bodyweight for strength training

This beginner's workout will help you build strength using just your body weight, no equipment required! As we have previously mentioned, using your bodyweight is an ideal way to strengthen your muscles and joints with very low impact to your body.

You can and will likely add weights later, but body weight training is the ideal way for beginners to get started on a workout program.

Week 1 | Day 1 | Monday Arm Day

- Push Ups - Lying face down on the floor, place your hands palm down on the floor. Raise your body by extending your arms, then lowering yourself back down. Be sure to keep your body straight throughout the exercise.
- Tricep Push Ups - To do a tricep push up, get into a push up position, except with your hands underneath your chest area palms down with your thumbs and fingers in the shape of a triangle. Raise and lower your body in this position, while keeping your core tight. Do 10+ reps, 3 times.

Week 1 | Day 2 | Tuesday Leg Day

- Squat - To do a squat, stand with your feet shoulder width apart and your toes turned out slightly. Staring forward, bend at the knees and drop your butt to your lower body, while keeping your heels flat on the floor. At the bottom of the exercise, hold your position momentarily and push back up. Do 10+ reps.
- Lunges - To do a lunge, stand upright with your core tightened. With one leg, step forward and lower your body until the knee on your back leg almost touches the floor, making sure to not extend your front knee over your toes. Step back, stand upright, repeat with the alternate leg. Do 10+ reps.

Week 1 | Day 3 | Wednesday Cardio Day

There are many different cardio exercises that you can choose to do here. You can always choose to walk, jog or run. Alternatively, you can do the following cardio exercises that are also great for muscle building.

- **Jumping Jacks** - To do a jumping jack begin by standing tall with your arms at your sides and your legs straight. Jump up, spreading your legs to hip-width apart, while bringing your hands above your head. Jump again while reversing the position of your arms and legs. Do 10+ reps 3 times.
- **Burpees** - A burpee is best described as a push up followed by a jump squat. You start in squat position, drop down to do a push up then fish off with a jump back into squat position.

Week 1 | Day 4 | Thursday Core Day

A strong core is the basis for a strong body. These core exercises require no additional equipment and can help you to get into great shape.

- **Planks** - To do a plank, hold yourself up on the floor face down with your body weight resting on your forearms and toes. Making sure your core stays tight and your body is straight. Hold this pose as long as you can.
- **Crunches** - To do a crunch lie down on your back with your knees bent and feet flat on the floor and hip width apart. Cross your arms over your chest, tighten your abs and inhale. While exhaling lift your upper body toward your knees, inhale and return to the lying down position. Do 10+ reps, 3 times.

Week 1 | Day 5 | Friday Total Body

We have now worked on all body parts, so on total body day we can mix it up and throw exercises from each day into your routine. Here is an idea of what a total body workout day could look like.

- **Jumping Jacks** - To do a jumping jack begin by standing tall with your arms at your sides and your legs straight. Jump up, spreading your legs to hip-width apart, while bringing your hands above your head. Jump again while reversing the position of your arms and legs. Do 10+ reps 3 times.
- **High Planks** - To do a high plank, get into plank position except this time hold yourself up with the palms of your hands instead of your forearms.
- **Lunges** - To do a lunge, stand upright with your core tightened. With one leg, step forward and lower your body until the knee on your back leg almost touches the floor, making sure to not extend your front knee over your toes. Step back, stand upright, repeat with the alternate leg. Do 10+ reps.
- **Push Ups** - Lying face down on the floor, place your hands palm down on the floor. Raise your body by extending your arms, then lowering yourself back down. Be sure to keep your body straight throughout the exercise

Week 1 | Day 6 | Saturday Stretch & Recovery Day

Saturday is a great day for working on flexibility. Why not try some yoga stretching? Recovery is an important part of our fitness journey and stretching is an important tool in the recovery process. Make sure you do full body stretches that activate most of the muscles in your body since you have been using them this week!

Week 1 | Day 7 | Sunday Rest & Meditate Day

I know it is hard to get into a rest mindset when you are all about exercising, but rest is imperative to fitness success. Take the final day of the week to rest your body. Making sure to hydrate. Rest day is also a great opportunity to add meditation into your fitness routine. It's also a good time to add in some health journaling and goal setting as well.

Week 2 - Introducing Weight Training

After week one of your beginner's strength training workout for a woman, you are probably ready to start adding some weight resistance into your workout routine.

For weeks two and three we will be doing the same workouts with the same amount of weight. This is a good way to get your body acclimated to weight training and start building muscle the right way.

We talked about it earlier, but let's revisit why strength training for women is so beneficial. When we are lifting weights, we are creating an environment which is placing demand on our system. This demand causes our bodies to adapt by becoming stronger and more efficient. These improvements are followed by joint strength improvement, increased cardio health and so much more

Week 2 | Day 1 | Monday Arm Day

It's arm day! Grab some dumbbells or a kettlebell and get a great arm workout in. These workouts will differ a bit from the body weight arm exercise, but you can be sure that you are building muscle.

- Curls
- Tricep Kickbacks
- Dumbbell Lateral Raises
- Overhead Tricep Extensions

Week 2 | Day 2 | Tuesday Leg Day

For leg day, you can do the same workouts that we did during our body weight training, with the addition of some weights in your hands. You can hold a dumbbell in front of you or you can hold dumbbells along your sides for a great workout.

- Squats
- Lunges
- Side Lunges
- Dumbbell Step ups

Week 2 | Day 3 | Wednesday Cardio Day

For cardio day we will do the same cardio exercises that we did on the body weight days. Just getting your heart rate up and staying active for at least 30 minutes will go far in helping you to reach your fitness goals.

- Jumping Jacks
- Burpees
- Mountain Climbers
- Jumprope
- Stair climbing (if you have stairs close by)
- Repeat until you have been active for 30 minutes

Week 2 | Day 4 | Thursday Core Day

Core day should consist of the same types of workouts that we did in the body weight week. Some of these exercises can be done without weights and some can be enhanced using dumbbells or kettlebells

- Planks
- Crunches
- High Planks
- Wood Chops (holding a kettlebell or single dumbbell in both hands, tighten your core and move your body as though you were chopping wood)

Week 2 | Day 5 | Friday Total Body

Total body workout day includes a little bit of everything. These exercises include cardio exercises, core exercises and ones that are fitting for arm and leg day. For the best total body workout day, do 10 reps of each exercise 3 times.

- Jumping Jacks
- High Planks

- Lunges w/dumbbells
- Dumbbell Bicep Curls
- Squats with dumbbells or kettlebell
- Crunches

Week 2 | Day 6 | Saturday Stretch & Recovery Day

After a week of intense workouts, it is important to give your body the recovery that it needs. In order for your body to fully recover, you need to be sure to do the proper stretches. These stretches help to prevent muscle injury and also help to ease the soreness that comes with working out. Your stretch out session should be slow paced and low intensity.

- Joint rotations
- Arm Swings
- Shoulder Circles
- Side Bends
- Quad Stretches
- Hamstring Stretches

Week 2 | Day 7 | Sunday Rest & Meditate Day

Today is the day to rest. Fill up your favorite water bottle, find your most comfortable spot to relax in and just be calm. You have worked very hard taking care of yourself this week. It is time to reward yourself with a day to feel good and relaxed.

We mentioned it earlier, but this is a great day to throw some meditation into your self care day!

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Week 4 - Strength Training Intensity

Now that we are several weeks into your beginner's strength training program, I think you are ready to up your intensity levels. To increase our intensity levels we can either increase the amount of weight we lift or increase our repetitions.

For this increase in strength training intensity, I suggest doing the same workouts as we did the last two weeks, but let's add an additional 2 reps to each set. 2 additional reps may not seem like much, but it really adds up!

Week 4 | Day 1 | Monday Arm Day

Kettlebells or dumbbells can be used interchangeably for many of these arms exercises. Just be sure to take each exercise slow and steady. You want to maintain the correct form for maximum benefit and to prevent injury.

Also be sure to breathe slowly throughout your workout.

- Curls
- Tricep Kickbacks
- Dumbbell Lateral Raises
- Overhead Tricep Extensions

Do 12 reps of each exercise and repeat 3 times.

Week 4 | Day 2 | Tuesday Leg Day

Again, like with arm day, kettlebells can be interchanged with dumbbells, so feel free to use what you have available.

- Squats
- Lunges
- Side Lunges
- Step Ups

Again, do 12 reps of each exercise, 3 times. You can do them 3 in a row or you can do a circuit.

Week 4 | Day 3 | Wednesday Cardio Day

To step up our intensity on cardio day, do 2 extra reps of each exercise and maybe cut down on the rest time between exercises. You can add in extra cardio exercises too if you would like. Just as long as you keep moving and giving it your all.

- Jumping Jacks
- Burpees
- Mountain Climbers
- Jumprope

Week 4 | Day 4 | Thursday Core Day

Core day is a very important day in your week of workouts! Having good core strength is imperative to having a strong healthy body. Add a dumbbell or kettlebell to the exercises that are marked with an asterisk below and you will find yourself with a strong core in no time! Do 12 reps of each exercise 3 times.

- Planks
- Crunches
- High Planks

- Wood Chops*

Week 4 | Day 5 | Friday Total Body

It's a total body workout day! Adding just 2 extra reps to each of these exercises will feel much harder, but it will be worth it when you see how quickly your body will respond.

- Jumping Jacks
- High Planks
- Lunges w/dumbbells
- Dumbbell Bicep Curls
- Squats with dumbbells or kettlebell
- Crunches

Week 4 | Day 6 | Saturday Stretch & Recovery Day

Don't forget to stretch! Stretching is an integral part of your fitness as it is imperative to your recovery process. This is especially true during the weeks where we step up the intensity because your muscles will be sore from the added strain.

- Joint rotations
- Arm Swings
- Shoulder Circles
- Side Bends
- Quad Stretches
- Hamstring Stretches

Or, if you are a yoga fan, you can take your Saturday to do a nice refreshing yoga session.

Week 4 | Day 7 | Sunday Rest & Meditate Day

Today is the day you have worked hard for all week long! This is your day to rest. Make sure you take the opportunity to hydrate well. Grab your journal, find a comfortable spot and just relax. Or, find your favorite meditation place and sounds and take the time for yourself and meditate on this day of rest. You have earned it!