# 4 Week
# Full-Body Workout Plan

*Get in shape at home in just 4 weeks!*

Thanks for downloading the 4 Week Full Body Workout Plan from *Runnin' for Sweets*! These workouts are meant to get you in shape quickly. Whether you're a beginner or seasoned pro, these workouts are for you.

Each week includes five 25 minute workouts + two rest days. Rest days can consist of complete rest or active rest (walking, yoga, etc). Each week day workout is dedicated to a specific area of the body. Monday – Thursday workouts include a warm up and focus strength section, while Saturday's workout features all cardio moves.

Warm Ups:

This section lasts for 5 minutes. Complete the moves in order, with the designated number of repetitions. Cycle through all three moves as many times as possible during 5 minutes.

Strength Workouts:

The focus section of the workout lasts 20 minutes. Complete the moves in order, with the designated number of repetitions. Cycle through all the moves as many times as possible in 20 minutes, taking no breaks (or as few as possible) between each of the moves.

Cardio Workout:

The cardio workout takes place each Saturday. This workout lasts for 25 minutes and features all cardio moves. There are no designated "warm up" moves for this workout, since the cardio moves themselves serve this purpose when you begin. Complete all moves, with the designated number of repetitions. Cycle through all the moves as many times as possible in 25 minutes, taking no breaks (or as few as possible) between each of the moves.

## Week Overview

- Monday: Warm Up (5 mins) + Leg Workout (20 mins)
- Tuesday: Warm Up (5 mins) + Arm Workout (20 mins)
- Wednesday: Warm Up (5 mins) + Core Workout (20 mins)
- Thursday: Warm Up (5 mins) + Glute Workout (20 mins)
- Friday: REST DAY
- Saturday: Cardio Workout (25 mins)
- Sunday: REST DAY

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| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 1 | **Warm Up:**<br>Jumping Jacks x 30<br>Skiers x 30<br>Mountain Climbers x 20<br>**Legs:**<br>Squats x 15<br>Walking Lunges x 20<br>Calf Raises x 24<br>Single Leg Squat/ Hop x 10<br>Single Leg Deadlift x 20 | **Warm Up:**<br>Jump Ropes x 50<br>Butt Kicks x 30<br>High Knees x 30<br>**Arms/Shoulders:**<br>Bicep Curls x 15<br>Overhead Press x 20<br>Bent Over Row x 20<br>Dumbbell Swing x 15<br>Overhead Extn x 10 | **Warm Up:**<br>Jumping Jacks x 30<br>Skiers x 30<br>Mountain Climbers x 20<br>**Core:**<br>Legs Down x 15<br>Crunches x 25<br>Russian Twists x 20<br>Bicycles x 30<br>Plank x 30 seconds | **Warm Up:**<br>Jump Ropes x 50<br>Butt Kicks x 30<br>High Knees x 30<br>**Glutes & Hips:**<br>Leg Lifts x 15<br>Superman x 20<br>Clamshells x 20<br>Donkey Kicks x 20<br>Bridge x 30 seconds | **Rest** | **Cardio:**<br>Tuck Jumps x 15<br>Mtn Climbers x 40<br>Jump ropes x 100<br>High Knees x 40<br>Burpees x 15 | **Rest** |
| 2 | **Warm Up:**<br>Jumping Jacks x 30<br>Skiers x 30<br>Mountain Climbers x 20<br>**Legs:**<br>Jump Lunges x 20<br>Leg Lifts x 20<br>Sumo Squats x 15<br>Side Lunges x 30<br>Single Leg Squat/ Hop x 16 | **Warm Up:**<br>Jump Ropes x 50<br>Butt Kicks x 30<br>High Knees x 30<br>**Arms/Shoulders:**<br>Plank & Row x 20<br>Frontal Raise x 10<br>Pushups x 15<br>Side Extensions x 10<br>Tricep Dips x 15 | **Warm Up:**<br>Jumping Jacks x 30<br>Skiers x 30<br>Mountain Climbers x 20<br>**Core:**<br>Raised Leg Situps x 15<br>Bent Leg Hip Lift x 15<br>Toe Touches x 30<br>Straight Leg Sit Ups x 15<br>Scissors x 40 | **Warm Up:**<br>Jump Ropes x 50<br>Butt Kicks x 30<br>High Knees x 30<br>**Glutes & Hips:**<br>Bridge Lifts x 20<br>Leg Dips x 20<br>Superman x 20<br>Clamshells x 25<br>Single Leg Bridge x 20 | **Rest** | **Cardio:**<br>Burpees x 20<br>Butt Kicks x 40<br>Chair Jumps x 15<br>Jumping Jacks x 50<br>Tuck Jumps x 20 | **Rest** |

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| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 3 | **Warm Up:**<br>Jumping Jacks x 30<br>Skiers x 30<br>Mountain Climbers x 20 | **Warm Up:**<br>Jump Ropes x 50<br>Butt Kicks x 30<br>High Knees x 30 | **Warm Up:**<br>Jumping Jacks x 30<br>Skiers x 30<br>Mountain Climbers x 20 | **Warm Up:**<br>Jump Ropes x 50<br>Butt Kicks x 30<br>High Knees x 30 | **Rest** | **Cardio:**<br>Stairs x 1 minute<br>Skiers x 50<br>High Knees x 40<br>Tuck Jumps x 20<br>Butt Kicks x 40 | **Rest** |
| | **Legs:**<br>Jump Squats x 20<br>Walking Lunges x 30<br>Sumo Squats x 20<br>Jump Lunges x 30<br>Single Leg Deadlift x 20 | **Arms/Shoulders:**<br>Overhead Press x 20<br>Overhead Ext x 20<br>Bicep Curls x 25<br>Bent Over Row x 20<br>Dumbbell Swings x 20 | **Core:**<br>Straight Leg Jackknifes x 15<br>Windshield Wipers x 40<br>Legs Down + Hip Lift x 20<br>Bicycles x 50<br>Plank Jacks x 15 | **Glutes & Hips:**<br>Donkey Kicks x 30<br>Single Leg Hip Lifts x 20<br>Bridge x 45 seconds<br>Clamshells x 30<br>Superman Hold x 30 s | | | |
| 4 | **Warm Up:**<br>Jumping Jacks x 30<br>Skiers x 30<br>Mountain Climbers x 20 | **Warm Up:**<br>Jump Ropes x 50<br>Butt Kicks x 30<br>High Knees x 30 | **Warm Up:**<br>Jumping Jacks x 30<br>Skiers x 30<br>Mountain Climbers x 20 | **Warm Up:**<br>Jump Ropes x 50<br>Butt Kicks x 30<br>High Knees x 30 | **Rest** | **Cardio:**<br>Burpees x 15<br>Chair Jumps x 15<br>High Knees x 50<br>Mtn Climbers x 50<br>Skiers x 50 | **Rest** |
| | **Legs:**<br>Jump Lunges x 40<br>Calf Raises x 40<br>Jump Squats x 20<br>Walking Lunges x 30<br>Single Leg Squats /Hop x 15 | **Arms/Shoulders:**<br>Push Ups x 20<br>Bicep Curls x 30<br>Plank + Row x 25<br>Overhead Press x 20<br>Forward Ext x 20 | **Core:**<br>Raised Leg Sit Ups x 25<br>Bent Leg Hip Lifts x 20<br>Legs Down + Hip Lift x 20<br>Toe Touches x 50<br>Plank x 45 seconds | **Glutes & Hips:**<br>Bridge Hip Lifts x 40<br>Clamshells x 40<br>Donkey Kicks x 30<br>Leg Lifts x 30<br>Single Leg Bridge x 20 | | | |

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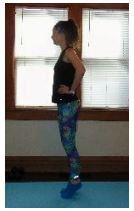
### Squats

### Walking Lunges

### Calf Raises



### Single Leg Squat + Hop

### Single Leg Deadlift

### Jump Lunges

### Leg Lifts

### Sumo Squats

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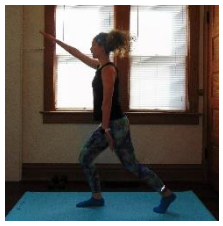
### Side Lunges

### Jump Squats

### Jumping Jacks

### Skiers



### Mountain Climbers

### Jump Rope

### Butt Kicks

### High Knees

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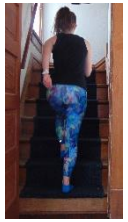
### Tuck Jumps

### Burpees

### Chair Jumps

### Stairs



### Legs Down with Hip Lift

### Crunches

### Russian Twists

### Bicycles

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### Plank

### Raised Leg Sitips

### Bent Leg Hip Lift

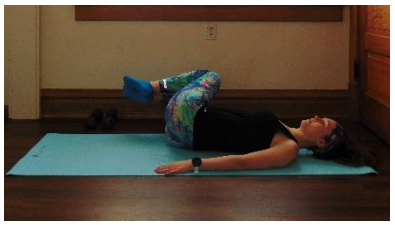
### Toe Touches

### Straight Leg Situps

### Scissor Kicks

### Jackknifes

### Windshield Wipers



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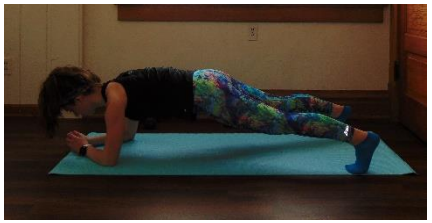
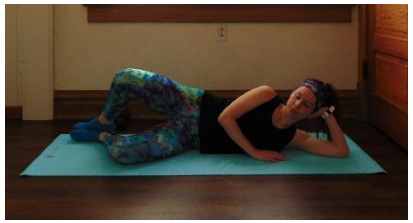
### Plank Jacks



### Superman

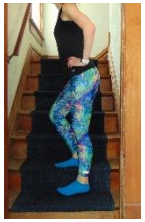
### Clamshells



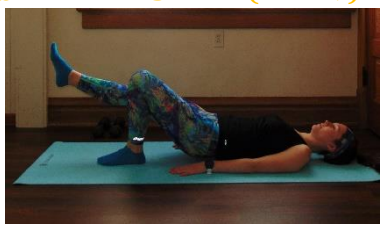
### Donkey Kick

### Bridge (+ Lifts)

### Leg Dips



### Single Leg Bridge (+ Lifts)



### Bicep Curls

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### Overhead Press

### Bent Over Row

### Tricep Overhead Extension

### Plank + Row

### Forward Extension

### Tricep Dips

### Dumbbell Swing

### Pushups