

— 4-WEEK PLAN FOR BEGINNERS

4-Week Weight-Loss Workout Plan for Beginners

Three short strength workouts and three walks a week, a step goal that grows with you, and the nutrition basics that matter most. At home or in the gym.

YOUR 4 WEEKS AT A GLANCE

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	A	20	B	20	A	30	●
WEEK 2	B	25	A	25	B	35	●
WEEK 3	A	30	B	30	A	40	●
WEEK 4	B	35	A	35	B	45	●

● Strength workout A or B
 ○ Brisk walk (minutes)
 ○ Longer, easier walk
 ● Rest

3×

strength workouts a week, about 35–40 minutes

3

walks a week, plus a daily step goal

Home **or** gym

dumbbells and a mat are all you need

START HERE

How to use this plan

Losing fat comes down to eating a little less than you burn, day after day. Exercise helps in two ways: **strength training** helps you keep your muscle while you lose weight, and **walking** adds to what you burn without wearing you out. This plan gives you both, built for someone just getting started.



Your week

MON	TUE	WED	THU	FRI	SAT	SUN
A	Walk	B	Walk	A	Long	Rest

Strength days alternate A and B: **A-B-A** one week, **B-A-B** the next. Move days around to fit your life, but leave a day between strength workouts. Every day: your step goal.



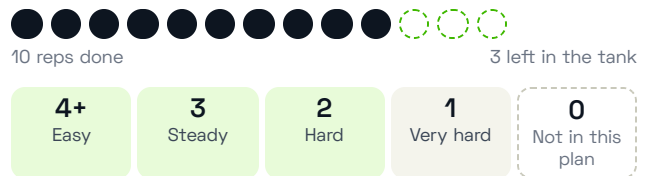
What you need

- At home:** a pair of dumbbells (adjustable ones are easiest), a mat and a sturdy chair.
- At the gym:** dumbbells and a bench, plus a lat pulldown machine if you like.
- For walks:** comfortable shoes, and a phone or watch that counts steps.
- Time:** strength workouts take about 35–40 minutes; walks take 20–45.



How hard? Count the reps left in the tank

Each set has an effort target: how many more good reps you could have done when you stop. If the table says **3**, end the set when you could still do about 3 more with clean form. For holds like the plank, stop while you could hold good form about 10 seconds longer.



Getting stronger

- Start light.** In Week 1, pick weights you could lift a few more times than the table asks.
- Hit the top, then go up.** When every set reaches the top of the rep range with the target still in the tank, use the next dumbbell (or about 5 lb more) next time.
- Short of the range?** Keep the weight until you get there. For bodyweight moves, try the harder version instead.



Warm-up: 5–7 minutes

Before every strength workout:

- 2–3 minutes of brisk walking or marching in place
- 10 bodyweight squats (to a chair if you like)
- 10 glute bridges and 10 arm circles each way
- 5 reverse lunges each leg
- 5 push-ups with your hands on a counter
- Then one light set of your first exercise



How to tell it's working

Your weight can swing a few pounds from day to day with water and food. Weigh yourself at the same time (say, in the morning) a few days a week, and compare **weekly averages**, not single days.

Also track your waist, how your clothes fit, your steps and the weights you lift. The log on page 9 has room for all of it.

MOVE MORE

Walking and steps

Walking is easy on your joints, needs no gear and adds up over a week. You'll use it two ways: a daily step goal that grows a little each week, and three planned walks.

Your step goal

- Week 1: find your number.** Carry your phone or wear a watch, and note your average steps a day.
- Weeks 2–4: add about 1,000 a day** each week.
- Stop adding at 7,000–10,000 a day.** Already there? Hold steady.

WEEK	DAILY GOAL	YOUR NUMBER
1	Your average	
2	Average + 1,000	
3	Average + 2,000	
4	Average + 3,000	

Your walks

Brisk walks (Tuesday and Thursday): walk fast enough that you can talk in full sentences but couldn't sing. That's about 5–6 out of 10 effort. **The longer walk** (Saturday) can be at an easier pace. Hills and trails count.

WEEK	BRISK WALKS	LONGER WALK
1	2 × 20 min	30 min
2	2 × 25 min	35 min
3	2 × 30 min	40 min
4	2 × 35 min	45 min

Your walks count toward your step goal.

Easy ways to add steps

- A 10-minute walk after meals
- Walk while you're on the phone
- Park farther away, or get off a stop early
- Take the stairs
- Meet a friend for a walk instead of coffee

Not a walker?

Cycling, an elliptical, swimming, a rowing machine or a dance class all count. Use the same effort: you can talk, but you couldn't sing.

Optional finisher

In Weeks 3 and 4, if you have time, finish strength days with 5–10 minutes of brisk walking or easy cycling.

Your month at a glance

	WEEK 1 · START	WEEK 2 · BUILD	WEEK 3 · STEP UP	WEEK 4 · FINISH
Strength, 3× sets per exercise, reps left	2 sets 3–4	3 sets 3	3 sets 2–3	3 sets 2
Walks brisk + brisk + longer	20 · 20 · 30	25 · 25 · 35	30 · 30 · 40	35 · 35 · 45
Steps a day	Your average	+ 1,000	+ 2,000	+ 3,000

THE PLAN

Weeks 1 and 2

WEEK
1

Get started
Learn the moves: 2 sets of each, 3–4 left in the tank. Steps: find your average.

MON A	TUE walk 20m	WED B	THU walk 20m	FRI A	SAT walk 30m	SUN rest
----------	--------------------	----------	--------------------	----------	--------------------	-------------

A Workout A				B Workout B			
MON · FRI				WED			
EXERCISE	SETS × REPS	REST	IN TANK	EXERCISE	SETS × REPS	REST	IN TANK
Goblet squat	2 × 10–12	90 s	3–4	Romanian deadlift dumbbells	2 × 10–12	90 s	3–4
Push-up incline as needed · Gym: dumbbell bench press	2 × 8–12	90 s	3–4	Reverse lunge	2 × 8 each leg	60 s	3–4
One-arm dumbbell row	2 × 10–12 each side	60 s	3–4	Dumbbell overhead press	2 × 10–12	60 s	3–4
Glute bridge	2 × 12–15	60 s	3–4	Bent-over row Gym: lat pulldown	2 × 10–12	60 s	3–4
Dead bug	2 × 6 each side	45 s	3–4	Side plank on knees or feet	2 × 15–20 s each side	45 s	10 s
Plank	2 × 20 s	45 s	10 s	Bird dog	2 × 6 each side	45 s	3–4

WEEK
2

Build the habit
3 sets of each, 3 left in the tank. Walks get 5 minutes longer.
Steps: average + 1,000.

MON B	TUE walk 25m	WED A	THU walk 25m	FRI B	SAT walk 35m	SUN rest
----------	--------------------	----------	--------------------	----------	--------------------	-------------

A Workout A				B Workout B			
WED				MON · FRI			
EXERCISE	SETS × REPS	REST	IN TANK	EXERCISE	SETS × REPS	REST	IN TANK
Goblet squat	3 × 10–12	90 s	3	Romanian deadlift dumbbells	3 × 10–12	90 s	3
Push-up incline as needed · Gym: dumbbell bench press	3 × 8–12	90 s	3	Reverse lunge	3 × 8–10 each leg	60 s	3
One-arm dumbbell row	3 × 10–12 each side	60 s	3	Dumbbell overhead press	3 × 10–12	60 s	3
Glute bridge	3 × 12–15	60 s	3	Bent-over row Gym: lat pulldown	3 × 10–12	60 s	3
Dead bug	3 × 6–8 each side	45 s	3	Side plank on knees or feet	3 × 20–25 s each side	45 s	10 s
Plank	3 × 25 s	45 s	10 s	Bird dog	3 × 6–8 each side	45 s	3

Reading the tables. 3 × 10–12 means 3 sets of 10 to 12 reps. **Rest** is the break between sets. **In tank** is how many good reps you should have left when you stop (for holds, seconds). **Each side** means finish one side, then do the other.

THE PLAN

Weeks 3 and 4

WEEK
3

Step it up

Shorter rests, 2–3 left in the tank. Walks: 30 and 40 minutes. Steps: average + 2,000.

MON **A** TUE walk 30m WED **B** THU walk 30m FRI **A** SAT walk 40m SUN rest

A Workout A

MON · FRI

EXERCISE	SETS × REPS	REST	IN TANK
Goblet squat	3 × 10–12	75 s	2–3
Push-up incline as needed · Gym: dumbbell bench press	3 × 8–12	75 s	2–3
One-arm dumbbell row	3 × 10–12 each side	60 s	2–3
Glute bridge	3 × 12–15	45 s	2–3
Dead bug	3 × 8 each side	45 s	2–3
Plank	3 × 30 s	45 s	10 s

B Workout B

WED

EXERCISE	SETS × REPS	REST	IN TANK
Romanian deadlift dumbbells	3 × 10–12	75 s	2–3
Reverse lunge	3 × 10 each leg	60 s	2–3
Dumbbell overhead press	3 × 10–12	60 s	2–3
Bent-over row Gym: lat pulldown	3 × 10–12	60 s	2–3
Side plank on knees or feet	3 × 25–30 s each side	45 s	10 s
Bird dog	3 × 8 each side	45 s	2–3

WEEK
4

Finish strong

Same moves, a little heavier: 2 left in the tank. Walks: 35 and 45 minutes. Steps: average + 3,000.

MON **B** TUE walk 35m WED **A** THU walk 35m FRI **B** SAT walk 45m SUN rest

A Workout A

WED

EXERCISE	SETS × REPS	REST	IN TANK
Goblet squat	3 × 10–12	60–75 s	2
Push-up incline as needed · Gym: dumbbell bench press	3 × 8–12	60–75 s	2
One-arm dumbbell row	3 × 10–12 each side	60 s	2
Glute bridge	3 × 12–15	45 s	2
Dead bug	3 × 8–10 each side	45 s	2
Plank	3 × 30–40 s	45 s	10 s

B Workout B

MON · FRI

EXERCISE	SETS × REPS	REST	IN TANK
Romanian deadlift dumbbells	3 × 10–12	60–75 s	2
Reverse lunge	3 × 10–12 each leg	60 s	2
Dumbbell overhead press	3 × 10–12	60 s	2
Bent-over row Gym: lat pulldown	3 × 10–12	60 s	2
Side plank on knees or feet	3 × 30 s each side	45 s	10 s
Bird dog	3 × 8–10 each side	45 s	2

Optional finisher: if you have time on strength days, add 5–10 minutes of brisk walking or easy cycling.

After Week 4: keep going. Repeat Weeks 3 and 4 with slightly heavier weights, and hold your step goal. The habits you keep matter more than any single week.

EXERCISE GUIDE

Workout A: how to do each move



A1

Goblet squat

Home & gym

No dumbbell yet? Hold your hands together at your chest.

- 1 Hold one dumbbell upright against your chest. Feet about shoulder-width apart, toes turned out a little.
- 2 Sit down between your heels, chest up, knees moving in line with your toes.
- 3 Go as low as you comfortably can with a flat back, then push the floor away to stand.

EASIER Sit back to a chair each rep.

HARDER Pause 2 seconds at the bottom.



A2

Push-up

Home & gym

Gym option: dumbbell bench press or a chest press machine.

- 1 Hands a bit wider than your shoulders, body straight from head to heels.
- 2 Lower until your chest is about a fist from the counter, bench or floor, elbows angled back.
- 3 Push away, moving your hips and shoulders together.

EASIER Hands on a counter. Higher is easier.

HARDER Lower your hands; slow the lowering.



A3

One-arm dumbbell row

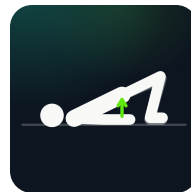
Home & gym

At home: brace one hand on a sturdy chair. **Gym option:** seated cable row.

- 1 Brace one hand and knee on a bench (or one hand on a chair), back flat.
- 2 Pull the dumbbell toward your hip, elbow close to your side.
- 3 Lower until your arm is straight. Keep your shoulders square; don't twist.

EASIER A lighter dumbbell.

HARDER Pause 1 second at the top.



A4

Glute bridge

Home & gym

When 15 reps feel easy, rest a dumbbell across your hips.

- 1 Lie on your back, knees bent, feet flat and hip-width apart.
- 2 Push through your heels and squeeze your glutes to lift your hips until knees, hips and shoulders line up.
- 3 Keep your ribs down so your hips do the work, not your lower back.

EASIER A smaller lift.

HARDER A dumbbell on your hips, or one leg.



A5

Dead bug

Home & gym

A slow core move. Control beats speed.

- 1 Lie on your back, arms pointing at the ceiling, knees bent at 90° above your hips.
- 2 Breathe out as you slowly reach one arm overhead and straighten the opposite leg toward the floor.
- 3 Keep your lower back steady (don't let it arch), come back, then switch sides.

EASIER Keep the knee bent; tap a heel down.

HARDER Move slower; reach farther.



A6

Plank

Home & gym

A hold: the table gives the time for each set.

- 1 Forearms on the floor, elbows under your shoulders.
- 2 Squeeze your glutes and brace your stomach, as if you're about to get poked.
- 3 Keep a straight line from head to heels. Stop when your hips sag or pike.

EASIER Knees down, or forearms on a bench.

HARDER Lift one foot an inch for half the hold.

EXERCISE GUIDE

Workout B: how to do each move



B1

Romanian deadlift

Home & gym

Works the back of your legs and your glutes.

- 1 Stand tall, dumbbells in front of your thighs, knees slightly bent.
- 2 Push your hips back and slide the weights down your legs, back flat, until you feel a stretch in your hamstrings.
- 3 Drive your hips forward to stand tall. Don't lean back at the top.

EASIER Stop when the weights reach your knees. **HARDER** Lower over 3 seconds.



B2

Reverse lunge

Home & gym

Wobbly? Hold a chair, or stay in place and do split squats.

- 1 Stand tall, hands on hips or dumbbells at your sides.
- 2 Step one foot back and lower until your back knee nearly touches the floor, front knee over your foot.
- 3 Push through your front heel to step back up. Alternate legs.

EASIER A shorter step; hold a chair. **HARDER** Hold dumbbells.



B3

Dumbbell overhead press

Home & gym

Seated or standing. Seated with back support is easier on your lower back.

- 1 Sit or stand tall with the dumbbells at shoulder height.
- 2 Brace your stomach and press straight up until your arms are straight, biceps by your ears.
- 3 Keep your ribs down so your lower back doesn't arch. Lower slowly.

EASIER Seated, with back support. **HARDER** Standing, glutes squeezed.



B4

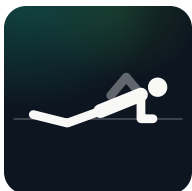
Bent-over row

Home & gym

Gym option: lat pulldown. Pull the bar to your upper chest, leading with your elbows.

- 1 Hold the dumbbells, soften your knees and hinge forward until your back is flat and about 45° to the floor.
- 2 Pull both dumbbells toward your lower ribs, squeezing your shoulder blades together.
- 3 Lower slowly. Keep your back flat for the whole set.

EASIER Lighter dumbbells. **HARDER** Pause 1 second at the top.



B5

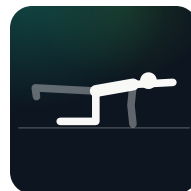
Side plank

Home & gym

Start on your knees. Move to your feet when 30 seconds feels easy.

- 1 Lie on your side, elbow under your shoulder, knees bent behind you.
- 2 Lift your hips so your body makes a straight line from head to knees.
- 3 Don't let your hips sag or roll forward. Keep breathing.

EASIER A shorter hold. **HARDER** Legs straight, on your feet.



B6

Bird dog

Home & gym

Slow and steady. Hold each rep for 2 seconds.

- 1 On hands and knees: hands under shoulders, knees under hips, back flat.
- 2 Reach one arm forward and the opposite leg back until both are level with your body.
- 3 Keep your hips level, as if balancing a glass of water on your lower back. Switch sides.

EASIER Move just an arm or just a leg. **HARDER** Hold each rep for 5 seconds.

EAT WELL

Nutrition basics

You don't need a special diet. These basics are backed by good evidence and work with almost any way of eating.



Eat a little less than you burn

Losing fat takes a calorie deficit: taking in fewer calories than you use. Keep it modest. Trimming a few hundred calories a day is easier to stick with than a crash diet, and sticking with it is what counts.



Have protein at every meal

Protein helps you feel full and, with strength training, helps you keep your muscle. Aim for roughly 20–40 g at each meal; a palm-sized piece of chicken or fish has about 25–35 g. Other good sources: eggs, Greek yogurt, cottage cheese, tofu, beans and lentils.



Fill half your plate with plants

Vegetables and fruit fill you up for few calories, and beans and whole grains add fiber that keeps you full. Drink mostly water: soda, juice, sweet coffee drinks and alcohol add calories fast without filling you up.



Skip the fads

No detoxes, cleanses or “fat-burning” pills, and no cutting out whole food groups unless your doctor tells you to. The best eating plan is one you can keep doing. And aim for 7+ hours of sleep: short sleep makes hunger harder to manage.

Talk to your doctor or a registered dietitian before changing how you eat if you have diabetes or take medicine for blood sugar or blood pressure, have kidney disease or another medical condition, are pregnant or breastfeeding, or have a history of disordered eating. Very-low-calorie diets should only be done with medical supervision.

TRAIN SAFELY

Safety notes



Check with your doctor first if you:

- have a heart condition, high blood pressure or diabetes
- have had chest pain, dizziness or fainting
- have a joint or back problem, or a recent injury or surgery
- are pregnant or recently had a baby



Stop and get medical help if you have:

- chest pain, pressure or tightness
- shortness of breath that's unusual for the effort
- dizziness, or you feel faint or confused
- a racing or irregular heartbeat

Call 911 if it's severe or doesn't ease quickly with rest.



Effort is good. Pain isn't.

Muscle burn and some soreness the next day are normal. Sharp pain or joint pain is not: stop that exercise, use the easier version next time, and see a professional if it doesn't settle in a few days.



Small habits keep you safe

Warm up every time, use weights you can control, and don't hold your breath. Drink water, wear supportive shoes, and walk where you feel safe.

This guide is general information, not medical advice. It can't take your health history into account; if you're unsure whether it's right for you, ask your doctor.

TRACK IT

Your 4-week log

Tick off each workout and walk, and write down your steps. At the end of each week, fill in the check-in: your average steps, and if you like, your average weight and your waist measurement.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week check-in
1	A ☐ steps _____	Walk 20 ☐ steps _____	B ☐ steps _____	Walk 20 ☐ steps _____	A ☐ steps _____	Walk 30 ☐ steps _____	Rest steps _____	avg steps _____ weight _____ waist _____
2	B ☐ steps _____	Walk 25 ☐ steps _____	A ☐ steps _____	Walk 25 ☐ steps _____	B ☐ steps _____	Walk 35 ☐ steps _____	Rest steps _____	avg steps _____ weight _____ waist _____
3	A ☐ steps _____	Walk 30 ☐ steps _____	B ☐ steps _____	Walk 30 ☐ steps _____	A ☐ steps _____	Walk 40 ☐ steps _____	Rest steps _____	avg steps _____ weight _____ waist _____
4	B ☐ steps _____	Walk 35 ☐ steps _____	A ☐ steps _____	Walk 35 ☐ steps _____	B ☐ steps _____	Walk 45 ☐ steps _____	Rest steps _____	avg steps _____ weight _____ waist _____

Strength log · each week, write the weight you used (or your push-up hand height, or seconds for holds)

Workout A	Wk 1	Wk 2	Wk 3	Wk 4
Goblet squat				
Push-up				
One-arm row				
Glute bridge				
Dead bug				
Plank				

Workout B	Wk 1	Wk 2	Wk 3	Wk 4
Romanian deadlift				
Reverse lunge				
Overhead press				
Bent-over row				
Side plank				
Bird dog				



Notes

what went well, what to change next week

Want a plan built around **your week?**

This guide is the same for everyone who downloads it. Kiwi is an AI personal trainer app for iPhone and Android that builds a plan for you.



A weekly plan built around you

Kiwi builds a weekly strength plan around your goal, the days you can train, how long your sessions are and your equipment, at the gym or at home.



Your numbers, ready next time

Log your sets in the app, and it keeps your numbers for next time.



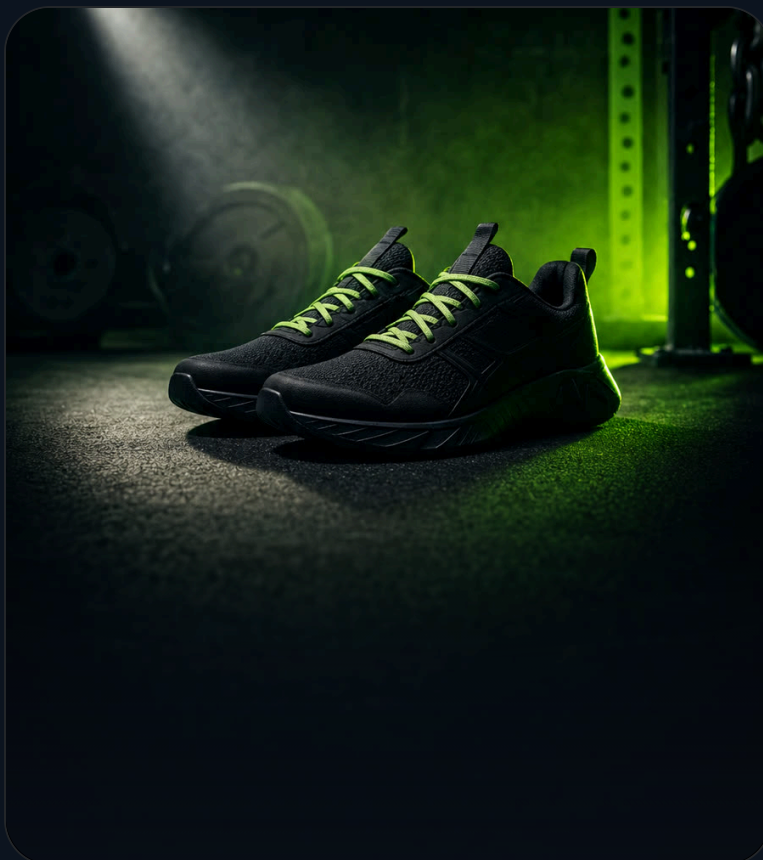
Ask your coach, any time

By text or voice: swap an exercise, change sets, reps or weights, shorten a session or move a workout, and your plan changes.



Video demos

Watch how the exercises are done.



Scan to get Kiwi

www.trainwithkiwi.com/get-the-app

Free to download, with a free week. For iPhone and Android.