

# 7-Day Beginner Home Workout Plan

No equipment needed · 20-30 min per day · suitable for all fitness levels

**Before you start:** Always warm up for 5 minutes (march in place, arm circles, hip rotations). Rest 45–60 sec between sets. Stop if you feel sharp pain. Stay hydrated. Aim to complete each workout at the same time each day to build the habit.

## Day 1 — Full Body Intro

Warm-Up ■ March in place 3 min + Arm circles 1 min

■	Jumping Jacks	3x30 sec
■	Squat	3x12
■	Push-Up (knee)	3x8
■	Glute Bridge	3x15
■	Plank	3x20 sec

How hard was it? ■ Easy ■ Just right ■ Too hard

■ Completed

## Day 2 — Active Recovery

Warm-Up ■ March in place 3 min + Arm circles 1 min

■	Walking / Light March	20 min
■	Cat-Cow Stretch	2x10
■	Hip Flexor Stretch	2x30 sec each
■	Downward Dog	2x30 sec

How hard was it? ■ Easy ■ Just right ■ Too hard

■ Completed

## Day 3 — Lower Body

Warm-Up ■ March in place 3 min + Arm circles 1 min

■	Squat	3x15
■	Reverse Lunge	3x10 each
■	Glute Bridge	3x20
■	Wall Sit	3x30 sec
■	Calf Raise	3x20

How hard was it? ■ Easy ■ Just right ■ Too hard

■ Completed

## Day 4 — Upper Body

Warm-Up ■ March in place 3 min + Arm circles 1 min

■	Push-Up (knee or full)	3x10
■	Tricep Dip (chair)	3x12
■	Superman Hold	3x10
■	Plank Shoulder Tap	3x16 taps

How hard was it? ■ Easy ■ Just right ■ Too hard

■ Completed

## Day 5 — Cardio Burst

Warm-Up ■ March in place 3 min + Arm circles 1 min

■	High Knees	3x30 sec
■	Jumping Jack	3x30 sec
■	Mountain Climber	3x20 sec
■	Burpee (modified)	3x6

How hard was it? ■ Easy ■ Just right ■ Too hard

■ Completed

## Day 6 — Core Focus

Warm-Up ■ March in place 3 min + Arm circles 1 min

■	Crunch	3x15
■	Bicycle Crunch	3x16
■	Leg Raise	3x10
■	Dead Bug	3x8 each
■	Plank	3x30 sec

How hard was it? ■ Easy ■ Just right ■ Too hard

■ Completed

## Day 7 — Rest & Reflect

Warm-Up ■ March in place 3 min + Arm circles 1 min

■	Gentle walk or yoga	20–30 min
■	Full body stretch routine	10 min
■	Complete the reflection box below	

How hard was it? ■ Easy ■ Just right ■ Too hard

■ Completed

### End-of-Week Reflection

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