

# Beginner Bodyweight Workout Plan

## Warm-Up (2 Rounds, 30 sec each)

- Arm Circles
- High Knees (or March in Place)
- Bodyweight Squats
- Shoulder Rolls
- Leg Swings (Front & Side)

## Workout (3 Rounds, Rest 30-60 sec Between Rounds)

### Circuit 1:

- Bodyweight Squats - 12-15 reps
- Incline Push-Ups (Bench/Wall) - 10-12 reps
- Glute Bridges - 15 reps
- Seated Leg Lifts - 10 per leg
- March in Place / Jumping Jacks - 30 sec

### Circuit 2:

- Step-Back Lunges - 8 per leg
- Knee Push-Ups - 8-10 reps
- Superman Hold - 20 sec
- Seated Twists - 10 per side
- High Knees (or Slow Marches) - 30 sec

## Cool-Down (Hold Each Stretch for 20-30 sec)

- Hamstring Stretch
- Chest & Shoulder Stretch
- Seated Butterfly Stretch
- Deep Breathing

## Progression Tips:

- Start slow & focus on form
- Increase reps or sets each week
- Modify exercises if needed