

7-Day Beginner Bodyweight Workout Plan

Day 1: Full Body Burn

- Jumping Jacks - 30 secs x 3
- Bodyweight Squats - 15 reps x 3
- Wall Sit - 30 secs x 2
- Plank - 20 secs x 2

Day 2: Core & Stability

- Crunches - 20 reps x 3
- Glute Bridges - 15 reps x 3
- Plank - 30 secs x 2
- Arm Circles - 30 secs x 2

Day 3: Lower Body Focus

- Bodyweight Squats - 20 reps x 3
- Lunges - 10 reps/leg x 3
- Wall Sit - 45 secs x 2
- Glute Bridges - 15 reps x 2

Day 4: Active Recovery

- Walk or light stretch - 15-30 minutes
- Yoga (optional) - 20 minutes
- Arm Circles - 30 secs x 2

Day 5: Upper Body & Core

- Push-Ups (Knee Option) - 10 reps x 3

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- Crunches - 20 reps x 3
- Plank - 30 secs x 3
- Arm Circles - 30 secs x 2

Day 6: Cardio + Core Blast

- Jumping Jacks - 1 min x 3
- Mountain Climbers - 30 secs x 3
- Crunches - 25 reps x 2
- Plank - 45 secs

Day 7: Full Body Challenge

- Jumping Jacks - 1 min
- Squats - 20 reps
- Push-Ups (Knee Option) - 10 reps
- Lunges - 10 reps/leg
- Crunches - 25 reps
- Plank - 1 min