

FREE 7-Day Beginner Workout Plan

Welcome to your FREE 7-Day Beginner Workout Plan!

This plan is designed for Indian beginners who want to start working out at home without any equipment. It includes bodyweight exercises that focus on building strength, improving stamina, and burning fat. Each session is short (15-20 minutes) and easy to follow.

Follow the plan consistently for a week, and you'll start noticing better energy, mobility, and confidence!

Day 1 - Full Body Warm-Up & Core

- Warm-up (3 mins): Jumping jacks, Arm circles, High knees
- Circuit (Repeat 2x):
 - Squats (12 reps)
 - Knee Push-ups (8 reps)
 - Plank (20 sec)
 - Mountain Climbers (20 sec)
- Cool-down: Stretch for 2 minutes

Day 2 - Lower Body Focus

- Warm-up (3 mins): Jog in place, Leg swings, Side lunges
- Circuit (Repeat 3x):
 - Squats (12 reps)
 - Glute Bridges (12 reps)
 - Side Lunges (6 reps each side)
- Cool-down: Hamstring & quad stretches

Day 3 - Active Recovery (Stretch & Mobility)

- 10 mins gentle yoga or stretching
- Focus on deep breathing and flexibility

Day 4 - Upper Body & Core

- Warm-up: Jumping jacks, Shoulder rolls, Arm circles
- Circuit (Repeat 3x):
 - Push-ups (6-8 reps)
 - Plank Shoulder Taps (10 reps)
 - Supermans (10 reps)
- Cool-down: Stretch chest & shoulders

Day 5 - Full Body Circuit

- Warm-up (3 mins): Jog in place, High knees
- Circuit (Repeat 3x):
 - Squats (10 reps)
 - Push-ups (6 reps)
 - Glute Bridges (10 reps)
 - Plank (20 sec)
- Cool-down: Stretch

Day 6 - Cardio & Core Blast

- Warm-up (3 mins): Jumping jacks, Side lunges
- Circuit (Repeat 3x):
 - High Knees (30 sec)
 - Mountain Climbers (20 sec)
 - Bicycle Crunches (12 reps)
- Cool-down: Stretch

Day 7 - Recovery & Reflection

- Light stretching (5 mins)
- Review your progress & plan next week