

Free 7-Day Workout Plan for Beginners

Monday

Cardio Focus

- **Stretching**
5-10 minutes
- **Cardio**
(machine of your choice)
30 minutes

Tuesday

Lower Body Strength

- **Body Weight Squats**
4 sets, 8-10 reps
- **Walking Lunges**
3 sets, 12 reps per leg
- **Calf Raises**
3 sets, 15-20 reps

Wednesday

Upper Body Strength

- **Assisted Pull-Ups**
3 sets, 6-8 reps
- **Tricep Dips**
3 sets, 12-15 reps
- **Push-Ups**
3 sets, 12-15 reps

Thursday

Active Rest Day (choose one)

- **Walk outside**
30 minutes
- **yoga and stretching at home**
3 sets, 12 reps per leg

Friday

Lower Body Mobility

- **Step-Ups**
3 sets, 10-12 reps per leg
- **Glute Bridges**
3 sets, 12-15 reps
- **Wall Sit**
3 sets, 30-90 seconds

Saturday

Upper Body/Core

- **Plank**
3 sets, 30 seconds
- **Russian Twists**
30 minutes

Sunday

Rest Day

- Relax, and allow your muscles time to recover

F L E X