



Day 1: Full-Body Strength (Bodyweight Only)

Warm-Up (5–7 mins):

- 30 sec jumping jacks
- 30 sec arm circles (forward/backward)
- 30 sec hip circles
- 10 bodyweight squats
- 10 push-ups (knee or full)

Workout (3 rounds):

1. Squats – 15 reps
2. Push-Ups – 10–15 reps
3. Glute Bridges – 15 reps
4. Wall Sit – 30–45 sec
5. Forearm Plank – 30–60 sec

Optional Challenge Set:

- Backpack Goblet Squats (hold a loaded backpack) – 10–12 reps

Cool-Down (5 mins):

- Standing hamstring stretch
 - Child's pose
 - Chest opener stretch
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Day 2: Cardio + Core (No Equipment)

Warm-Up (5 mins):

- 1 min light jog in place
- 10 butt kicks
- 10 high knees
- Dynamic side lunges

Workout – HIIT Circuit (4 rounds, 30 sec work / 30 sec rest):

1. High Knees
2. Jump Squats (or Air Squats for low impact)
3. Mountain Climbers
4. Burpees (or step-back versions)
5. Skater Jumps

Core Finisher (2 rounds):

- 20 Russian Twists (bodyweight)
- 15 Leg Raises
- 30 sec Side Plank (each side)

Cool-Down (5 mins):

- Cobra stretch
 - Supine twist
 - Hip flexor stretch
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Day 3: Lower + Upper Split & Mobility

Warm-Up (5 mins):

- Arm swings
- Marching in place
- 10 squats
- 10 shoulder rolls

♦ **Lower Body Circuit (2 rounds):**

1. Reverse Lunges – 10 per leg
2. Single-Leg Glute Bridge – 10 per leg
3. Wall Sit – 45 seconds
4. Calf Raises – 20 reps

♦ **Upper Body Circuit (2 rounds):**

1. Incline Push-Ups (hands on couch/table) – 12 reps
2. Superman Hold – 30 seconds
3. Shoulder Taps (in plank position) – 20 reps
4. Triceps Dips (using chair) – 10–12 reps

Mobility & Cool-Down (8–10 mins):

- Cat-Cow stretch
- Seated forward fold
- Neck circles
- Wrist stretches