



4-Week Beginner Home Workout Program (No Equipment)

WARM-UP (Before Every Workout, 5 Minutes)

Perform each exercise for **30 seconds** (or 5 reps per side).

Exercise	Description
Cat-Cow Stretch	Start in a quadruped position, arch your back (cow), then round it (cat).
Quadruped T-Spine Rotation	On all fours, place one hand behind your head and rotate your elbow towards the ceiling.
Glute Bridge Hold	Lie on your back, knees bent, feet flat. Lift your hips and squeeze your glutes. Hold for 10 seconds.
Bird-Dog	On all fours, extend one arm and the opposite leg simultaneously. Hold briefly, then switch.
World's Greatest Stretch	In a deep lunge, place one hand on the floor and rotate your opposite arm toward the ceiling.

WORKOUT A (Lower Body & Core Focus, 20-25 minutes)

Perform **3 rounds** of the following exercises.

Exercise	Reps	Description
Bodyweight Squats	12-15	Stand with feet hip-width, squat down keeping your chest up.
Glute Bridge	12-15	Lie on your back, lift your hips while squeezing your glutes.
Step-Back Lunges	8 per leg	Step one foot back, lower into a lunge, return to standing.
Wall Sit	30 sec	Lean against a wall, thighs parallel to the ground. Hold.
Dead Bug	10 per side	Lie on your back, lower one arm and opposite leg slowly while keeping your core engaged.

Finisher: 3 Rounds x 30-Second Heel Tap Crunches

WORKOUT B (Upper Body & Core Focus, 20-25 minutes)

Perform **3 rounds** of the following exercises.

Exercise	Reps	Description
Incline Push-Ups	10-12	Hands on a table or wall, lower your chest, then push back up.
Superman Hold	30 sec	Lie on your stomach, lift arms and legs off the ground. Hold.

Exercise	Reps	Description
Shoulder Taps	10 per side	In a plank, tap one hand to the opposite shoulder without twisting your hips.
Reverse Plank Hold	30 sec	Sit with legs extended, place hands behind you, lift your hips. Hold.
Seated Russian Twists	10 per side	Sit with feet off the ground, twist side to side.

Finisher: 3 Rounds x 30-Second **Forearm Plank**

WORKOUT C (Full-Body & Stability Focus, 20-25 minutes)

Perform **3 rounds** of the following exercises.

Exercise	Reps	Description
Slow Tempo Squats	10	Lower for 3 seconds, pause, then stand up.
Push-Up Negatives	6-8	Lower yourself slowly (3-5 seconds), then reset.
Single-Leg Glute Bridge	6 per leg	Perform a glute bridge but extend one leg.
Bear Crawl Hold	20 sec	In a tabletop position, lift knees slightly off the ground and hold.
Leg Raises	10	Lie flat, lift legs up, lower them without touching the floor.

Finisher: 3 Rounds x 30-Second **Bicycle Crunches**

COOLDOWN (After Every Workout, 5 Minutes)

Perform each stretch for **30 seconds per side**.

Stretch	Description
Standing Hamstring Stretch	Stand, reach for your toes while keeping your legs straight.
Hip Flexor Stretch	Step one foot forward in a lunge, keep your back straight.
Child's Pose	Sit back onto your heels with arms extended forward.
Chest Opener Stretch	Interlace fingers behind your back and open up your chest.
Deep Breathing	Inhale for 4 sec, hold for 4 sec, exhale for 4 sec.

PROGRESSION STRATEGY OVER 4 WEEKS

- **Week 1-2:** Focus on **perfecting form** and staying consistent.
- **Week 3-4:** Add **2-3 more reps** per exercise or **one extra round**.
- **Progression Options:** Reduce rest time, hold movements longer, or slow down the tempo.