

14 Day Beginner-Friendly Workout Plan

This 14-day workout plan is designed to support **heart health, fat loss, and cortisol balance** — perfect if you're easing into regular exercise or returning after a break. Use this plan exactly or mix it up with similar cardio, strength and rest days to meet your wellness goals!

Overview of the 14-Day Plan

- **Duration:** 14 days
- **Workout Time:** 30–50 minutes daily
- **Structure:**
 - 3 Strength Training Days
 - 3 Cardio / HIIT Days
 - 3 Gentle Movement Days (yoga, stretching, walking)
 - 2 Active Recovery Days (light activity only)
 - 3 Mixed Combo Days (blend of low + moderate intensity)
- **Equipment Needed:** Dumbbells (light–moderate), resistance bands, yoga mat or towels, comfortable shoes

Let's get started!

Here's Your Detailed 14-Day Schedule

Day 1 – Total Body Strength (Foundation)

Goal: Build muscle tone, boost metabolism

Workout:

- Warm-up: 5 min brisk walk or march in place
 - Circuit (repeat 2–3x):
 - 12 bodyweight squats
 - 10 push-ups (knee or wall if needed)
 - 12 bent-over dumbbell rows
 - 10 glute bridges
 - 30-sec plank
 - Cooldown: Stretch hamstrings, shoulders, chest (5 min)
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Day 2 – Cortisol-Calming Walk + Mobility

Goal: Gentle activity to lower stress

- 30–45 min brisk walk outdoors
 - Add 10 min of gentle mobility (neck rolls, hip circles, shoulder rolls, cat-cow, deep breathing)
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Day 3 – HIIT for Heart Health

Goal: Cardio + fat-burning boost

- Warm-up: 5 min marching or light jog
 - HIIT (20–25 min total):
 - 40 sec jumping jacks / 20 sec rest
 - 40 sec squats / 20 sec rest
 - 40 sec mountain climbers / 20 sec rest
 - 40 sec high knees / 20 sec rest
 - Repeat circuit 3–4x
 - Cooldown: 5–10 min stretching + deep breathing
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Day 4 – Yoga Flow for Cortisol Detox

Goal: Calm nervous system, reduce inflammation

- 30 min gentle yoga (poses: child's pose, cat-cow, downward dog, spinal twist, legs up the wall)
 - Focus on **slow breathing**: 4 counts inhale, 6 counts exhale
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Day 5 – Upper Body Strength

Goal: Improve muscle tone + posture

- Warm-up: Arm swings, shoulder circles, wall push-ups (3 min)

- Circuit (3 rounds):
 - 12 dumbbell shoulder presses
 - 10 bent-over rows
 - 12 bicep curls
 - 10 tricep dips (on a chair)
 - 20-sec plank hold
 - Finish: 10 min easy walk
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Day 6 – Active Recovery

Goal: Gentle movement to aid recovery

- 30–40 min light walk or bike ride
 - Optional: 5–10 min stretching or foam rolling
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Day 7 – Core & Stability

Goal: Strengthen core, balance hormones

- 3 Rounds:
 - 15 crunches
 - 12 bird-dogs
 - 20-sec side plank (each side)
 - 15 glute bridges

- 10 standing oblique crunches
 - Finish with 5 min deep belly breathing or meditation
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Day 8 – Cardio Intervals

Goal: Improve endurance and fat loss

- 5-min warm-up walk
 - 25-min intervals:
 - 1 min power walk / light jog
 - 1.5 min easy walk
 - Repeat for 25 minutes
 - Cooldown: 5–10 min gentle walk + stretch
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Day 9 – Lower Body Strength

Goal: Tone legs, boost metabolism

- Warm-up: 5 min dynamic leg swings and lunges
- Circuit (3 rounds):
 - 12 squats
 - 10 lunges each leg
 - 15 glute bridges
 - 12 calf raises

- 20-sec wall sit
 - Cooldown: Stretch legs and hips (5–10 min)
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Day 10 – Gentle Yoga + Breathwork

Goal: Reset cortisol, enhance flexibility

- 25–30 min slow yoga flow (hip openers, forward folds, supine twists)
 - 5 min alternate nostril breathing (inhale left, exhale right)
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Day 11 – Full Body HIIT

Goal: Cardio + strength fusion

- Warm-up: 5 min jog or march
 - HIIT Circuit (30 min total, 3–4 rounds):
 - 40 sec jump squats (or bodyweight squats)
 - 40 sec push-ups
 - 40 sec alternating lunges
 - 40 sec plank shoulder taps
 - 40 sec rest
 - Cooldown: Gentle stretching and slow breathing
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Day 12 – Active Recovery / Nature Walk

Goal: Calm body and mind

- 30–60 min easy outdoor walk (sunlight exposure = cortisol reset)
 - Optional: Gratitude journaling or guided meditation (5 min)
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Day 13 – Strength + Cardio Blend

Goal: Build stamina and lean muscle

- Warm-up: 5 min dynamic movement
 - 3 Rounds:
 - 10 dumbbell squats
 - 10 push-ups
 - 30-sec jumping jacks
 - 12 rows
 - 10 lunges each leg
 - 20-sec plank
 - Cooldown: Stretch + breathe
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Day 14 – Restorative Yoga / Meditation

Goal: Deep recovery and cortisol detox

- 20–30 min restorative yoga (legs up wall, supported bridge, savasana)

- 5–10 min guided meditation or deep breathing
 - Reflect: Notice improvements in energy, mood, and stress
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Additional Reminders for Cortisol Balance & Overall Wellness!

- **Hydrate:** Drink water or green tea before and after workouts.
- **Fuel Smart:** Eat a protein-rich meal or snack post-exercise (e.g., Greek yogurt + berries).
- **Sleep:** 7–9 hours nightly — critical for cortisol regulation.
- **Mindful Cooldowns:** Finish each session with slow breathing to signal recovery.