



BEGINNER WORKOUTS

4 Week plan

**SIMPLE HABITS TO
HELP YOUR
FITNESS JOURNEY**

MILES

The goal is 10 miles a week whether walking, running, or hiking. *[10,000 Steps = 5 Miles]*

SLEEP

The goal is to sleep at least 7+ hours a day.

WATER

The goal is to consume 80+ oz. of water daily.

INTENT

When it comes to food, always do you best to make the healthier choice.



Week 1-2

Day 1: Full Body

1. **Bodyweight Squats: 3 sets x 12 reps**
2. **Knee Push-ups: 3 sets x 8-10 reps**
3. **Bodyweight Lunges: 3 sets x 10 reps per leg**
4. **Plank: 3 sets, hold for 20 seconds**

Day 2: Active Recovery or Light Cardio

- **35 minutes of brisk walking or light jogging**

Day 3: Core Focus

1. **Bird-dogs: 2 sets x 12 reps per side**
2. **Glute Bridges: 3 sets x 12 reps**
3. **Plank: 3 sets, hold for 20 seconds**

Day 4: Rest or Light Activity

- **35 minutes of brisk walking or light jogging**

Day 5: Full Body

- **Bodyweight Squats: 3 sets x 15 reps**
- **Knee Push-ups: 3 sets x 10-12 reps**
- **Bodyweight Lunges: 3 sets x 12 reps per leg**
- **Plank: 3 sets, hold for 25 seconds**

Day 6: Active Recovery or Light Cardio

- **20 minutes of brisk walking or light jogging**

Day 7: Rest or Light Activity

Daily Ab Routine

- Crunches: 3 sets x 15
- Bicycle Crunches: 3 sets of 15
- Leg Raises: 3 sets of 15

Week 3-4

Day 1: Full Body

1. **Bodyweight Squats: 4 sets x 15 reps**
2. **Knee Push-ups: 4 sets x 10-12 reps**
3. **Bodyweight Lunges: 4 sets x 12 reps per leg**
4. **Plank: 4 sets, hold for 30 seconds**

Day 2: Active Recovery or Light Cardio

- **Up to 60 minutes of brisk walking or light jogging**

Day 3: Core Focus

1. **Bird-dogs: 3 sets x 15 reps per side**
2. **Glute Bridges: 3 sets x 15 reps**
3. **Plank: 3 sets, hold for 25 seconds**

Day 4: Rest or Light Activity

- **Up to 60 minutes of brisk walking or light jogging**

Day 5: Full Body

- **Bodyweight Squats: 4 sets x 18 reps**
- **Knee Push-ups: 4 sets x 12-15 reps**
- **Bodyweight Lunges: 4 sets x 15 reps per leg**
- **Plank: 4 sets, hold for 35 seconds**

Day 6: Active Recovery or Light Cardio

- **25 minutes of brisk walking or light jogging**

Day 7: Rest or Light Activity

Daily Ab Routine

- Crunches: 3 sets x 20
- Bicycle Crunches: 3 sets of 20
- Leg Raises: 3 sets of 20