

Weekly Exercise Plan

Daily Challenges (Applies Every Day):

- Sleep 8 hours
- Drink 4 liters of water
- Eat 1 fruit
- Attend 1 Cult class (any day)
- Walk 1000 steps

Lazy Non-Workout (Complete any 1 daily):

1. Climb 6 floors of stairs
2. Walk 2000 steps
3. Mop, vacuum, or sweep the house

Lazy Eating Challenge (Complete any 1 daily):

1. Eat 1 fruit or raw vegetable
2. Consume 10g of protein in 1 meal (1 large cup of yogurt or 2 mid-sized boiled eggs)
3. Drink 3 liters of water

Beginner Workout (Complete daily):

1. Jump Rope/Jumping Jacks: Up to 100 reps
2. Push-ups: 2 sets of 10-15 reps
3. Bodyweight Squats: 2 sets of 10-15 reps
4. Plank: Hold for 30 seconds

Intermediate Workout (Hybrid Calisthenics):

Day 1: Chest & Triceps

- Push-ups: 3 sets of 15-20 reps
- Triceps Dips: 3 sets of 12-15 reps
- Incline Push-ups: 3 sets of 15 reps
- Diamond Push-ups: 3 sets of 10-12 reps

Day 2: Legs & Glutes

- Bodyweight Squats: 4 sets of 15-20 reps
- Lunges: 3 sets of 12 reps per leg
- Glute Bridges: 4 sets of 15-20 reps
- Wall Sit: 3 sets of 30-60 seconds

Day 3: Back & Biceps

- Superman: 3 sets of 15-20 reps
- Reverse Snow Angels: 3 sets of 15 reps
- Bicep Curls: 3 sets of 15-20 reps
- Plank Rows: 3 sets of 10 reps per arm

Day 4: Core

- Plank: 3 sets of 60 seconds
- Russian Twists: 3 sets of 20 reps per side
- Leg Raises: 3 sets of 15 reps
- Bicycle Crunches: 3 sets of 20 reps per side

Day 5: Shoulders & Traps

- Pike Push-ups: 3 sets of 12-15 reps
- Arm Circles: 3 sets of 30 seconds each

- Shoulder Taps: 3 sets of 20 reps
- Wall Handstand Hold: 3 sets of 20-30 seconds

Day 6: Full Body

- Burpees: 3 sets of 10-15 reps
- Mountain Climbers: 3 sets of 30 seconds
- Jump Squats: 3 sets of 12-15 reps
- Plank to Push-up: 3 sets of 10 reps

Day 7: Active Rest/Recovery

- Yoga/Stretching Session: 20-30 minutes

Advanced Workout (Daily):

- Jump Rope/Jumping Jacks: 300-500 reps
- Add an extra set or increase intensity for all exercises in the Intermediate Workout.