

Beginner Home Workout

Frequency: 3 times per week

Duration: 30-45 minutes per session

1. Warm-up: 5-10 minutes of light jogging in place or jumping jacks.

2. Workout:

- Bodyweight Squats - 3 sets of 15 reps.

- Push-Ups (Modified if needed) - 3 sets of 10 reps.

- Glute Bridges - 3 sets of 15 reps.

- Plank - 3 sets of 20-30 seconds.

- Mountain Climbers - 3 sets of 20 seconds.

3. Cool-down: 5-10 minutes of stretching focusing on worked muscles.