

# Plan 0 – 3-Day Full-Body Foundation

*(for all levels • minimal equipment • 30–60 min/session)*

## Monday – Full-Body Strength

Warm-Up (5–10 min):

- Dynamic stretches (arm circles, leg swings)
- Light cardio (jumping jacks, jog in place)

Workout (3 sets each):

- Squats (body-weight or goblet) – 12 reps
- Push-ups (knee or full) – 8–12 reps
- Bent-over rows (resistance band or dumbbells) – 10–12 reps
- Plank – hold 30–45 s

Cool-Down (5 min):

- Static stretches (hamstrings, quads, shoulders)

## Tuesday – Active Recovery

- Yoga flow or full-body stretch (20–30 min)
- Easy walk or light cycling (15–20 min)

## Wednesday – Pull + Mobility

Warm-Up (5 min):

- Cat-cow + child's pose (2x30 s each)

Workout (3 sets each):

- Resistance-band or dumbbell rows – 12 reps/arm
- Reverse flies (bands or light dumbbells) – 12–15 reps
- Deadlift good mornings (body-weight or light DB) – 12 reps

Cool-Down (5 min):

- Shoulder and upper-back stretches

## Thursday – Rest or Optional Cardio

- Brisk walk or slow jog (20–30 min)
- Foam rolling or gentle stretching (10–15 min)

## Friday – Legs + Cardio

Warm-Up (5 min):

- Leg swings + hip circles

Workout:

- Body-weight lunges – 3×10 reps/leg
- Glute bridges – 3×12 reps
- Calf raises – 3×15 reps
- Cardio finisher: 10 min HIIT (30 s sprint/30 s walk)

Cool-Down (5 min):

- Quad and calf stretches

## **Saturday – Core & Mobility**

- Russian twists – 3×20 reps
- Bicycle crunches – 3×20 reps
- Side plank – 3×20–30 s/side
- Thoracic rotations + pigeon pose (2×30 s each)

## **Sunday – Rest or Gentle Recovery**

- Light yoga, foam rolling, or walking (15–20 min)

## **Tips:**

- Scale time & intensity: 30 min for busy days, up to 60 min when you can.
- Modify for injuries: swap push-ups to wall push-ups, skip high-impact cardio, etc.
- Stay hydrated & eat balanced meals to fuel recovery.
- Track progress: journal or apps, and reassess every 2–4 weeks.
- Listen to your body: rest an extra day if you feel overly sore or fatigued.