

# Workout Plan — Week 1

User: jatin

Week: 2025-11-24 — 2025-11-30

## Monday — Upper Body

Exercise	Sets	Reps / Duration	Rest (s)	Notes
Push-ups	3	12	60	
Bodyweight rows	3	12	60	Use a towel or resistance band for assistance
Tricep dips (using a chair)	3	12	60	

## Tuesday — Lower Body

Exercise	Sets	Reps / Duration	Rest (s)	Notes
Bodyweight squats	3	12	60	
Calf raises	3	15	60	Use bodyweight or a resistance band
Glute bridges	3	12	60	

## Wednesday — Rest or Active Recovery

Exercise	Sets	Reps / Duration	Rest (s)	Notes
Light yoga or a 20-minute walk				

## Thursday — Push/Pull

Exercise	Sets	Reps / Duration	Rest (s)	Notes
Incline push-ups	3	12	60	Use stairs or a chair
Resistance band pull-aparts	3	12	60	
Tricep kickbacks (using a resistance band)	3	12	60	

## Friday — Core and Cardio

Exercise	Sets	Reps / Duration	Rest (s)	Notes
Plank	3	30 seconds	60	
Burpees	3	10	60	Modify to reduce impact if needed
Mountain climbers	3	30 seconds	60	

## Saturday — Full Body

Exercise	Sets	Reps / Duration	Rest (s)	Notes
Bodyweight circuit (squats, push-ups, lunges)	3	12 each	60	Take turns with minimal rest between exercises
Jumping jacks	3	30 seconds	60	

*Generated by Health\_Project — follow form & safety guidance.*