

# 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

| <b>Exercise</b>                               | <b>Sets</b> | <b>Reps / Duration</b> | <b>Rest (s)</b> | <b>Notes</b>                                   |
|---|-------------|------------------------|-----------------|--|
| 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.*