

Create Your Personalized Workout Plan

Answer a few questions about your fitness goals, available equipment, and time constraints to generate a customized workout plan that fits your needs.

Your Fitness Level

Beginner



Workout Frequency (days per week)

3 days



Workout Duration (minutes per session)

About 20 minutes



Your Fitness Goal

☐ Build Strength

☐ Gain Muscle

☐ Lose Weight

☐ Improve Endurance

☐ Increase Flexibility

☐ General Fitness

Available Equipment

☒ None (Bodyweight)

☐ Dumbbells

☐ Barbell

☐ Resistance Bands

☐ Kettlebell

☐ Yoga Mat

☐ Improve Endurance

☐ Increase Flexibility

☐ General Fitness

Available Equipment

☒ None (Bodyweight)

☐ Dumbbells

☐ Barbell

☐ Resistance Bands

☐ Kettlebell

☐ Full Gym

Focus Areas

☐ Upper Body

☐ Lower Body

☐ Core

☐ Cardio

If none selected, we'll create a balanced plan based on your goal.

Limitations or Injuries (Optional)

e.g., knee problems, back pain, etc.

↔ Generate My Workout Plan

Your Customized Workout Plan

Save Plan

Print

Plan Overview

Goal
Build Strength

Frequency
3 days per week

Duration
20 minutes per session

Day 1

Day 2

Day 3

Upper Body Strength

Focus on compound movements for upper body strength development.

WARM-UP (5 MIN)

- Arm circles: 30 seconds
- Jumping jacks: 1 minute
- Push-up to downward dog: 10 reps
- Shoulder rolls: 30 seconds
- Light jogging in place: 2 minutes

Push-ups

3 sets of 10-12 reps

1

Pike Push-ups

3 sets of 8-12 reps

1

- Push-up to downward dog: 10 reps
- Shoulder rolls: 30 seconds
- Light jogging in place: 2 minutes

Push-ups

3 sets of 10-12 reps



Pike Push-ups

3 sets of 8-12 reps



COOL DOWN (5 MIN)

- Upper body stretches: 3 minutes
- Deep breathing: 2 minutes

Progress Tracker

Reset Progress

Track your completed workouts by clicking on a day below:

Day 1

Upper

Day 2

Lower

Day 3

Core

Edit Preferences

My Saved Workout Plans

[+Create New Plan](#)

Build Strength Plan



Created on April 7, 2025

Build Strength

3 days/week

20 min

[View Plan](#)