

Full-Body Home Workout Plan

Warm-up:

- **Jumping jacks:** 3 sets of 1 minute
- **Bodyweight squats:** 3 sets of 15 reps
- **Push-ups:** 3 sets of 10 reps
- **Plank:** 3 sets of 30 seconds

Workout:

1. Bodyweight Squats:

- 4 sets of 20 reps

2. Push-Ups:

- 3 sets of 15 reps

3. Dumbbell Lunges (or Bodyweight Lunges if no weights available):

- 3 sets of 15 reps per leg

4. Dumbbell Rows (or Bodyweight Rows if no weights available):

- Use a chair or table for support
- 3 sets of 15 reps per arm

5. Dumbbell Shoulder Press (or Bodyweight Shoulder Press if no weights available):

- 3 sets of 15 reps