

BEGINNERS WORKOUT PLAN

IN 4 WEEKS

| | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|-------|--|--|---|---|
| MON | Push up 15 reps Russian twist 15 reps Mountain climbers 15 reps Squat 20 squats Plank 45 seconds | Push up 20 reps Russian twist 20 reps Mountain climbers 45 seconds Squat 25 squats Plank 1 minute/60 seconds | Push up 25 reps Russian twist 25 reps Mountain climbers 60 seconds/1 minute Squat 30 squats Plank 1 minute and 25 seconds | Push up 30 reps Russian twist 40 reps Mountain climbers 2 minutes/120 seconds Squat 50 squats Plank 2 minutes/120 seconds |
| TUES | Push up 15 reps Russian twist 15 reps Mountain climbers 15 reps Squat 20 squats Plank 45 seconds | Push up 20 reps Russian twist 20 reps Mountain climbers 45 seconds Squat 25 squats Plank 1 minute/60 seconds | Push up 25 reps Russian twist 25 reps Mountain climbers 60 seconds/1 minute Squat 30 squats Plank 1 minute and 25 seconds | Push up 30 reps Russian twist 40 reps Mountain climbers 2 minutes/120 seconds Squat 50 squats Plank 2 minutes/120 seconds |
| WEDS | Rest Day | Rest Day | Rest Day | Rest Day |
| THURS | Push up 15 reps Russian twist 15 reps Mountain climbers 15 reps Squat 20 squats Plank 45 seconds | Push up 20 reps Russian twist 20 reps Mountain climbers 45 seconds Squat 25 squats Plank 1 minute/60 seconds | Push up 25 reps Russian twist 25 reps Mountain climbers 60 seconds/1 minute Squat 30 squats Plank 1 minute and 25 seconds | Push up 30 reps Russian twist 40 reps Mountain climbers 2 minutes/120 seconds Squat 50 squats Plank 2 minutes/120 seconds |
| FRI | Push up 15 reps Russian twist 15 reps Mountain climbers 15 reps Squat 20 squats Plank 45 seconds | Push up 20 reps Russian twist 20 reps Mountain climbers 45 seconds Squat 25 squats Plank 1 minute/60 seconds | Push up 25 reps Russian twist 25 reps Mountain climbers 60 seconds/1 minute Squat 30 squats Plank 1 minute and 25 seconds | Push up 30 reps Russian twist 40 reps Mountain climbers 2 minutes/120 seconds Squat 50 squats Plank 2 minutes/120 seconds |
| SAT | Push up 15 reps Russian twist 15 reps Mountain climbers 15 reps Squat 20 squats Plank 45 seconds | Push up 20 reps Russian twist 20 reps Mountain climbers 45 seconds Squat 25 squats Plank 1 minute/60 seconds | Push up 25 reps Russian twist 25 reps Mountain climbers 60 seconds/1 minute Squat 30 squats Plank 1 minute and 25 seconds | Push up 30 reps Russian twist 40 reps Mountain climbers 2 minutes/120 seconds Squat 50 squats Plank 2 minutes/120 seconds |
| SUN | Rest Day | Rest Day | Rest Day | Rest Day |