

WEEK 1

Day 1

Warm-up:

5 minutes of brisk walking or light jogging

Circuit 1:

30 seconds of jumping jacks

30 seconds of step-ups on a bench or stairs

30 seconds of marching in place

Rest for 15 seconds

Repeat the circuit 3 times

Circuit 2:

30 seconds of knee lifts

30 seconds of side-to-side step

30 seconds of standing bicycle crunches

Rest for 15 seconds

Repeat the circuit 3 times

Cool-down:

5 minutes of walking or slow jogging followed by gentle stretching

Day 2

Warm-up:

5 minutes of brisk walking or light jogging

Circuit 1:

45 seconds of high knee jogging in place

45 seconds of standing heel kicks

Rest for 20 seconds

Repeat the circuit 3 times

Circuit 2:

45 seconds of forward lunges

45 seconds of standing side leg lifts

Rest for 20 seconds

Repeat the circuit 3 times

Cool-down:

5 minutes of walking or slow jogging followed by gentle stretching

Day 3

Warm-up:

5 minutes of brisk walking or light jogging

Circuit 1:

1 minute of jumping jacks

1 minute of marching or jogging in place

1 minute of butt kicks

Rest for 30 seconds

Repeat the circuit 3 times

Circuit 2:

1 minute of knee-to-elbow standing crunches

1 minute of push-ups or modified push-ups
1 minute of mountain climbers
Rest for 30 seconds
Repeat the circuit 3 times
Cool-down:
5 minutes of walking or slow jogging followed by gentle stretching

Day 4

Warm-up:
5 minutes of brisk walking or light jogging
Circuit 1:
45 seconds of squat jumps
45 seconds of standing toe taps
Rest for 20 seconds
Repeat the circuit 3 times
Circuit 2:
45 seconds of reverse lunges
45 seconds of tricep dips on a bench or chair
Rest for 20 seconds
Repeat the circuit 3 times
Cool-down:
5 minutes of walking or slow jogging followed by gentle stretching

Day 5

Warm-up:
5 minutes of brisk walking or light jogging
Circuit 1:
30 seconds of jumping jacks
30 seconds of step-ups on a bench or stairs
30 seconds of marching in place
Rest for 15 seconds
Repeat the circuit 4 times
Circuit 2:
30 seconds of knee lifts
30 seconds of side-to-side step
30 seconds of standing bicycle crunches
Rest for 15 seconds
Repeat the circuit 4 times
Cool-down:
5 minutes of walking or slow jogging followed by gentle stretching

WEEK 2

The workouts for Week 2 will follow the same structure as Week 1, but with a few variations in the exercises to challenge your body in different ways.

Days 1, 3, and 5

Warm-up:

5 minutes of brisk walking or light jogging

Circuit 1:

30 seconds of squat jumps

30 seconds of step-ups on a bench or stairs

30 seconds of marching in place

Rest for 15 seconds

Repeat the circuit 4 times

Circuit 2:

30 seconds of reverse lunges

30 seconds of tricep dips on a bench or chair

30 seconds of standing bicycle crunches

Rest for 15 seconds

Repeat the circuit 4 times

Cool-down:

5 minutes of walking or slow jogging followed by gentle stretching

Days 2 and 4

Warm-up:

5 minutes of brisk walking or light jogging

Circuit 1:

45 seconds of squat jumps

45 seconds of step-ups on a bench or stairs

Rest for 20 seconds

Repeat the circuit 4 times

Circuit 2:

45 seconds of diamond push-ups or modified push-ups

45 seconds of standing side leg lifts

Rest for 20 seconds

Repeat the circuit 4 times

Cool-down:

5 minutes of walking or slow jogging followed by gentle stretching

WEEK 3

Days 1, 3, and 5

Warm-up:

5 minutes of brisk walking or light jogging

Circuit 1:

45 seconds of squat jumps

45 seconds of mountain climbers

Rest for 20 seconds

Repeat the circuit 4 times

Circuit 2:

45 seconds of push-ups or modified push-ups

45 seconds of bicycle crunches

Rest for 20 seconds

Repeat the circuit 4 times

Cool-down:

5 minutes of walking or slow jogging followed by gentle stretching

Days 2 and 4

Warm-up:

5 minutes of brisk walking or light jogging

Circuit 1:

1 minute of squat jumps

1 minute of step-ups on a bench or stairs

Rest for 30 seconds

Repeat the circuit 4 times

Circuit 2:

1 minute of diamond push-ups or modified push-ups

1 minute of lateral lunges

Rest for 30 seconds

Repeat the circuit 4 times

Cool-down:

5 minutes of walking or slow jogging followed by gentle stretching

WEEK 4

Days 1, 3, and 5

Warm-up:

5 minutes of brisk walking or light jogging

Circuit 1:

30 seconds of burpees

30 seconds of squat jumps

30 seconds of mountain climbers

Rest for 15 seconds

Repeat the circuit 5 times

Circuit 2:

30 seconds of push-ups or modified push-ups

30 seconds of lateral lunges

30 seconds of bicycle crunches

Rest for 15 seconds

Repeat the circuit 5 times

Cool-down:

5 minutes of walking or slow jogging followed by gentle stretching

Days 2 and 4

Warm-up:

5 minutes of brisk walking or light jogging

Circuit 1:

45 seconds of squat jumps

45 seconds of plank ups

Rest for 20 seconds

Repeat the circuit 5 times

Circuit 2:

45 seconds of diamond push-ups or modified push-ups

45 seconds of reverse lunges

Rest for 20 seconds

Repeat the circuit 5 times

Cool-down:

5 minutes of walking or slow jogging followed by gentle stretching