

5-DAY HOME WORKOUT ROUTINE FOR BEGINNERS

DAY 1: FULL BODY FOUNDATION

Warm-up (5 minutes)

- March in place
- Arm circles
- Hip hinges
- High knees (light)
- Torso twists

Main Workout

1. Bodyweight Squats: 3 x 12
2. Incline Push-ups: 3 x 10
3. Glute Bridge: 3 x 15
4. Superman Hold: 3 x 20s
5. Standing Knee Raises: 3 x 15 per side

Finisher: 30s slow mountain climbers, 30s rest, 2 rounds

DAY 2: UPPER BODY & CORE

Warm-up (3–4 minutes)

- Arm swings
- Doorway chest stretch
- Scap squeezes

Main Workout

1. Wall Push-ups: 3 x 12
2. Shoulder Taps: 3 x 10 per side
3. Tricep Dips: 3 x 10

4. Dead Bug: 3 x 10 per side

5. Plank: 20–30s x 2

Finisher: 10s push-ups, 10s rest, 4 cycles

DAY 3: LOWER BODY & GLUTES

Warm-up (4–5 minutes)

- Leg swings
- Ankle rolls
- Hip circles

Main Workout

1. Squat to Chair Tap: 3 x 12

2. Reverse Lunges: 3 x 10 per leg

3. Glute Bridge March: 3 x 12 per side

4. Calf Raises: 3 x 15

5. Side Leg Raises: 3 x 12 per side

Finisher: 20s wall sit, 40s rest, 2 rounds

DAY 4: CARDIO & CORE BURN

Warm-up (3 minutes)

- March in place
- Fast steps
- Trunk rotations

Main Workout

1. Step Jacks: 3 x 30s

2. High Knee March: 3 x 30s

3. Standing Side Crunch: 3 x 12 per side

4. Plank Walk-outs: 3 x 6 reps

5. Heel Touches: 3 x 20 total

Finisher: 30s alternating punches, 30s rest, 2 rounds

DAY 5: FULL BODY STRENGTH & BALANCE

Warm-up (5 minutes)

- Slow squats
- Shoulder rolls
- Hip openers

Main Workout

1. Split Squats: 3 x 10 per leg

2. Push-ups: 3 x 8–10

3. Hip Hinge: 3 x 15

4. Bird Dog: 3 x 10 per side

5. Slow Mountain Climbers: 3 x 20 total

Finisher: 20s plank, 40s rest, 2 rounds