



Weekly Full-Body Workout Plan (20–25 Minutes)

Day	Focus Area	Workout Plan	Rest Between Sets	Total Time
Monday	 Full-Body Strength	<ul style="list-style-type: none">✓ Squats – 3 x 12✓ Push-ups – 3 x 10✓ Glute Bridges – 3 x 15✓ Plank – 3 x 30 sec	60 sec	22–25 mins
Tuesday	 Cardio + Core Burn	<ul style="list-style-type: none">✓ Jumping Jacks – 30 sec x 3✓ Mountain Climbers – 3 x 20 sec✓ Bicycle Crunches – 3 x 15✓ Plank – 2 x 40 sec	45–60 sec	20–22 mins
Wednesday	 Recovery + Mobility	<ul style="list-style-type: none">✓ Cat-Cow – 10 reps✓ Hip Openers – 10 reps✓ Child's Pose – 1 min✓ Seated Twist – 1 min/side✓ Deep Breathing – 3 min	Active hold	20 mins
Thursday	 Lower Body Focus	<ul style="list-style-type: none">✓ Squats – 3 x 15✓ Lunges – 2 x 10/leg✓ Wall Sit – 2 x 30 sec✓ Glute Bridges – 2 x 15	45–60 sec	22–25 mins
Friday	 Upper Body & Posture	<ul style="list-style-type: none">✓ Push-ups – 3 x 10✓ Superman Hold – 3 x 30 sec✓ Wall Push-ups – 2 x 10✓ Arm Circles – 2 x 30 sec	45 sec	22 mins
Saturday	 HIIT + Fat Burn	<ul style="list-style-type: none">✓ Jumping Jacks – 30 sec✓ Burpees – 3 x 10✓ Mountain Climbers – 3 x 30 sec✓ Plank – 3 x 30 sec	30–45 sec	20–25 mins
Sunday	 Active Recovery / Rest	<ul style="list-style-type: none">✓ Light Yoga Flow or Walk – 15 min✓ Deep Breathing – 5 min✓ Stretch – Neck, Back, Legs	No intense activity	15–20 mins