

Your 7-Day Strength Training Plan

You're set to start strength training, and these plans fit your busy life like a glove. Whether it's **quick beginner strength training exercises no equipment** or a **strength training routine with dumbbells for beginners**, this **strength training workout split for beginners** boosts energy or strength fast. "Small steps lead to big wins," says 2025 coach Anil Rao. Pick your Q&A plan and add 1–2 reps weekly!

"Your only limit is you. Start strong!"
— Dr. Priya Sharma, Fitness Expert

Bodyweight-Only Plan (Energy Focus)

Day	Workout
Day 1: Upper	Push-ups (10 reps, 3 sets), Shoulder Taps (20 total, 2 sets)
Day 2: Lower	Bodyweight Squats (12 reps, 3 sets), Glute Bridges (15 reps, 3 sets)
Day 3: Rest	Light stretching (hamstrings, shoulders)
Day 4: Core	Planks (20 sec, 3 sets), Dead Bugs (12 reps, 2 sets)
Day 5: Full Body	Circuit: 10 Push-ups, 12 Squats, 20-sec Plank (3 rounds)
Day 6: Mobility	10-min yoga flow (hip openers)
Day 7: Rest	Hydrate, relax

"Strength is built one rep at a time."
— Virat Kohli, Cricket Legend

Dumbbell-Enhanced Plan (Strength/Posture Focus)

Day	Workout
Day 1: Upper	Dumbbell Rows (10 reps/side, 3 sets, 5–10 lbs), Push-ups (10 reps, 3 sets)
Day 2: Lower	Dumbbell Squats (12 reps, 3 sets), Lunges (10 reps/side, 2 sets)
Day 3: Rest	Walk or stretch
Day 4: Core	Planks (30 sec, 3 sets), Dumbbell Russian Twists (12 reps, 2 sets)
Day 5: Full Body	Circuit: 10 Rows, 12 Squats, 10 Push-ups (3 rounds)
Day 6: Mobility	15-min yoga (chest openers)
Day 7: Rest	Foam roll

"Every workout is a step toward your best self."
— Serena Williams, Tennis Champion

Time-Crunched Plan (15–20 min, Energy Focus)

Day	Workout
Day 1: Full Body	10 Push-ups, 12 Squats, 20-sec Plank (2 rounds)
Day 2: Rest	Stretch
Day 3: Full Body	10 Lunges/side, 10 Shoulder Taps, 15-sec Plank (2 rounds)
Day 4: Rest	Walk
Day 5: Full Body	12 Squats, 8 Push-ups, 20-sec Dead Bugs (2 rounds)
Day 6: Mobility	10-min stretch
Day 7: Rest	Relax