

Workout Plan

Session 1 - 2025-05-11

Warm-up:

- Jumping Jacks (2 min)
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers (30 sec)
- Inchworm Walkouts (2 sets, 10 reps)
- Wall Angels (2 sets, 15 reps)

Main workout:

- Bodyweight Squat (11 sets, 31 reps)
- Push-up (11 sets, 28 reps)
- Plank (11 sets, 30 sec)
- Glute Bridge (11 sets, 31 reps)
- Towel Rows (11 sets, 28 reps)

Cooldown:

- Child's Pose (1 min)
- Chest Stretch (30 sec each side)
- Hamstring Stretch (30 sec)
- Seated Hamstring Stretch (30 sec)
- Quad Stretch (30 sec)
- Doorway Chest Stretch (30 sec)

Circuit:

- Dumbbell Thrusters (3 sets, 15 reps)
- Jump Squats (3 sets, 15 reps)
- Mountain Climbers (1 min)

Session 2 - 2025-05-12

Warm-up:

- Jumping Jacks (2 min)
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers (30 sec)
- Inchworm Walkouts (2 sets, 10 reps)
- Wall Angels (2 sets, 15 reps)

Main workout:

- Bodyweight Squat (11 sets, 31 reps)
- Push-up (11 sets, 28 reps)
- Plank (11 sets, 30 sec)

Session 3 - 2025-05-13

Warm-up:

- Jumping Jacks (2 min)
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers (30 sec)
- Inchworm Walkouts (2 sets, 10 reps)
- Wall Angels (2 sets, 15 reps)

Main workout:

- Bodyweight Squat (11 sets, 31 reps)
- Push-up (11 sets, 28 reps)
- Plank (11 sets, 30 sec)
- Glute Bridge (11 sets, 31 reps)
- Towel Rows (11 sets, 28 reps)

Cooldown:

- Child's Pose (1 min)
- Chest Stretch (30 sec each side)
- Hamstring Stretch (30 sec)
- Seated Hamstring Stretch (30 sec)
- Quad Stretch (30 sec)
- Doorway Chest Stretch (30 sec)

Circuit:

- Dumbbell Thrusters (3 sets, 15 reps)
- Jump Squats (3 sets, 15 reps)
- Mountain Climbers (1 min)

Session 4 - 2025-05-14

Warm-up:

- Jumping Jacks (2 min)
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers (30 sec)
- Inchworm Walkouts (2 sets, 10 reps)
- Wall Angels (2 sets, 15 reps)

Main workout:

- Bodyweight Squat (11 sets, 31 reps)
- Push-up (11 sets, 28 reps)
- Plank (11 sets, 30 sec)
- Glute Bridge (11 sets, 31 reps)

Session 5 - 2025-05-15

Warm-up:

- Jumping Jacks (2 min)
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers (30 sec)
- Inchworm Walkouts (2 sets, 10 reps)
- Wall Angels (2 sets, 15 reps)

Main workout:

- Bodyweight Squat (11 sets, 31 reps)
- Push-up (11 sets, 28 reps)
- Plank (11 sets, 30 sec)
- Glute Bridge (11 sets, 31 reps)
- Towel Rows (11 sets, 28 reps)

Cooldown:

- Child's Pose (1 min)
- Chest Stretch (30 sec each side)
- Hamstring Stretch (30 sec)
- Seated Hamstring Stretch (30 sec)
- Quad Stretch (30 sec)
- Doorway Chest Stretch (30 sec)

Circuit:

- Dumbbell Thrusters (3 sets, 15 reps)
- Jump Squats (3 sets, 15 reps)
- Mountain Climbers (1 min)

Session 6 - 2025-05-16

Warm-up:

- Jumping Jacks (2 min)
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers (30 sec)
- Inchworm Walkouts (2 sets, 10 reps)
- Wall Angels (2 sets, 15 reps)

Main workout:

- Bodyweight Squat (11 sets, 31 reps)
- Push-up (11 sets, 28 reps)
- Plank (11 sets, 30 sec)
- Glute Bridge (11 sets, 31 reps)

Session 7 - 2025-05-17

Warm-up:

- Jumping Jacks (2 min)
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers (30 sec)
- Inchworm Walkouts (2 sets, 10 reps)
- Wall Angels (2 sets, 15 reps)

Main workout:

- Bodyweight Squat (11 sets, 31 reps)
- Push-up (11 sets, 28 reps)
- Plank (11 sets, 30 sec)
- Glute Bridge (11 sets, 31 reps)
- Towel Rows (11 sets, 28 reps)

Cooldown:

- Child's Pose (1 min)
- Chest Stretch (30 sec each side)
- Hamstring Stretch (30 sec)
- Seated Hamstring Stretch (30 sec)
- Quad Stretch (30 sec)
- Doorway Chest Stretch (30 sec)

Circuit:

- Dumbbell Thrusters (3 sets, 15 reps)
- Jump Squats (3 sets, 15 reps)
- Mountain Climbers (1 min)

Session 8 - 2025-05-18

Warm-up:

- Jumping Jacks (2 min)
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers (30 sec)
- Inchworm Walkouts (2 sets, 10 reps)
- Wall Angels (2 sets, 15 reps)

Main workout:

- Bodyweight Squat (11 sets, 31 reps)
- Push-up (11 sets, 28 reps)
- Plank (11 sets, 30 sec)
- Glute Bridge (11 sets, 31 reps)

Session 9 - 2025-05-19

Warm-up:

- Jumping Jacks (2 min)
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers (30 sec)
- Inchworm Walkouts (2 sets, 10 reps)
- Wall Angels (2 sets, 15 reps)

Main workout:

- Bodyweight Squat (11 sets, 31 reps)
- Push-up (11 sets, 28 reps)
- Plank (11 sets, 30 sec)
- Glute Bridge (11 sets, 31 reps)
- Towel Rows (11 sets, 28 reps)

Cooldown:

- Child's Pose (1 min)
- Chest Stretch (30 sec each side)
- Hamstring Stretch (30 sec)
- Seated Hamstring Stretch (30 sec)
- Quad Stretch (30 sec)
- Doorway Chest Stretch (30 sec)

Circuit:

- Dumbbell Thrusters (3 sets, 15 reps)
- Jump Squats (3 sets, 15 reps)
- Mountain Climbers (1 min)

Session 10 - 2025-05-20

Warm-up:

- Jumping Jacks (2 min)
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers (30 sec)
- Inchworm Walkouts (2 sets, 10 reps)
- Wall Angels (2 sets, 15 reps)

Main workout:

- Bodyweight Squat (11 sets, 31 reps)
- Push-up (11 sets, 28 reps)
- Plank (11 sets, 30 sec)
- Glute Bridge (11 sets, 31 reps)

Session 11 - 2025-05-21

Warm-up:

- Jumping Jacks (2 min)
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers (30 sec)
- Inchworm Walkouts (2 sets, 10 reps)
- Wall Angels (2 sets, 15 reps)

Main workout:

- Bodyweight Squat (11 sets, 31 reps)
- Push-up (11 sets, 28 reps)
- Plank (11 sets, 30 sec)
- Glute Bridge (11 sets, 31 reps)
- Towel Rows (11 sets, 28 reps)

Cooldown:

- Child's Pose (1 min)
- Chest Stretch (30 sec each side)
- Hamstring Stretch (30 sec)
- Seated Hamstring Stretch (30 sec)
- Quad Stretch (30 sec)
- Doorway Chest Stretch (30 sec)

Circuit:

- Dumbbell Thrusters (3 sets, 15 reps)
- Jump Squats (3 sets, 15 reps)
- Mountain Climbers (1 min)

Session 12 - 2025-05-22

Warm-up:

- Jumping Jacks (2 min)
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers (30 sec)
- Inchworm Walkouts (2 sets, 10 reps)
- Wall Angels (2 sets, 15 reps)

Main workout:

- Bodyweight Squat (11 sets, 31 reps)
- Push-up (11 sets, 28 reps)
- Plank (11 sets, 30 sec)
- Glute Bridge (11 sets, 31 reps)

