

## 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)

