

## Workout Plan

Session 1 - 2025-06-08

### 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 (3 sets, 15 reps)
- Push-up (3 sets, 12 reps)
- Plank (3 sets, 30 sec)
- Glute Bridge (3 sets, 15 reps)
- Towel Rows (3 sets, 12 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 - 2025-06-09

### 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 (3 sets, 15 reps)
- Push-up (3 sets, 12 reps)
- Plank (3 sets, 30 sec)

### Session 3 - 2025-06-10

#### 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 (3 sets, 15 reps)
- Push-up (3 sets, 12 reps)
- Plank (3 sets, 30 sec)
- Glute Bridge (3 sets, 15 reps)
- Towel Rows (3 sets, 12 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 - 2025-06-11

#### 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 (3 sets, 15 reps)
- Push-up (3 sets, 12 reps)
- Plank (3 sets, 30 sec)
- Glute Bridge (3 sets, 15 reps)

## Session 5 - 2025-06-12

### 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 (4 sets, 17 reps)
- Push-up (4 sets, 14 reps)
- Plank (4 sets, 30 sec)
- Glute Bridge (4 sets, 17 reps)
- Towel Rows (4 sets, 14 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 - 2025-06-13

### 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 (4 sets, 17 reps)
- Push-up (4 sets, 14 reps)
- Plank (4 sets, 30 sec)
- Glute Bridge (4 sets, 17 reps)

## Session 7 - 2025-06-14

### 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 (4 sets, 17 reps)
- Push-up (4 sets, 14 reps)
- Plank (4 sets, 30 sec)
- Glute Bridge (4 sets, 17 reps)
- Towel Rows (4 sets, 14 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 - 2025-06-15

### 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 (4 sets, 17 reps)
- Push-up (4 sets, 14 reps)
- Plank (4 sets, 30 sec)
- Glute Bridge (4 sets, 17 reps)

## Session 9 - 2025-06-16

### 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 (4 sets, 17 reps)
- Push-up (4 sets, 14 reps)
- Plank (4 sets, 30 sec)
- Glute Bridge (4 sets, 17 reps)
- Towel Rows (4 sets, 14 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 - 2025-06-17

### 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 (4 sets, 17 reps)
- Push-up (4 sets, 14 reps)
- Plank (4 sets, 30 sec)
- Glute Bridge (4 sets, 17 reps)

## Session 11 - 2025-06-18

### 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 (4 sets, 17 reps)
- Push-up (4 sets, 14 reps)
- Plank (4 sets, 30 sec)
- Glute Bridge (4 sets, 17 reps)
- Towel Rows (4 sets, 14 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 - 2025-06-19

### 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 (4 sets, 17 reps)
- Push-up (4 sets, 14 reps)
- Plank (4 sets, 30 sec)
- Glute Bridge (4 sets, 17 reps)

