

Workout Plan

Session 1 - 2025-05-11

Warm-up:

- Jumping Jacks
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers
- 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
- Chest Stretch
- Hamstring Stretch
- Seated Hamstring Stretch
- Quad Stretch
- Doorway Chest Stretch

Session 2 - 2025-05-12

Warm-up:

- Jumping Jacks
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers
- 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

Session 3 - 2025-05-13

Warm-up:

- Jumping Jacks
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers
- 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
- Chest Stretch
- Hamstring Stretch
- Seated Hamstring Stretch
- Quad Stretch
- Doorway Chest Stretch

Session 4 - 2025-05-14

Warm-up:

- Jumping Jacks
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers
- 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
- Chest Stretch

Session 5 - 2025-05-15

Warm-up:

- Jumping Jacks
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers
- 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
- Chest Stretch
- Hamstring Stretch
- Seated Hamstring Stretch
- Quad Stretch
- Doorway Chest Stretch

Session 6 - 2025-05-16

Warm-up:

- Jumping Jacks
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers
- 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
- Chest Stretch

Session 7 - 2025-05-17

Warm-up:

- Jumping Jacks
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers
- 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
- Chest Stretch
- Hamstring Stretch
- Seated Hamstring Stretch
- Quad Stretch
- Doorway Chest Stretch

Session 8 - 2025-05-18

Warm-up:

- Jumping Jacks
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers
- 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
- Chest Stretch

Session 9 - 2025-05-19

Warm-up:

- Jumping Jacks
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers
- 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
- Chest Stretch
- Hamstring Stretch
- Seated Hamstring Stretch
- Quad Stretch
- Doorway Chest Stretch

Session 10 - 2025-05-20

Warm-up:

- Jumping Jacks
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers
- 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
- Chest Stretch

Session 11 - 2025-05-21

Warm-up:

- Jumping Jacks
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers
- 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
- Chest Stretch
- Hamstring Stretch
- Seated Hamstring Stretch
- Quad Stretch
- Doorway Chest Stretch

Session 12 - 2025-05-22

Warm-up:

- Jumping Jacks
- Arm Circles (2 sets, 15 reps)
- Mountain Climbers
- 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
- Chest Stretch

