

Without Equipment:- (Mens)

Beginner level:-

For All Days:- (week)

Warm-Up: 5-7 minutes

- Jog in place or perform light cardio (jumping jacks, high knees, etc.) to increase your heart rate and warm up your muscles.

1. **Push-Ups** (10 reps)

- Start in a plank position with hands shoulder-width apart.
- Lower your body until your chest almost touches the ground, then push back up.

2. **Bodyweight Squats** (15 reps)

- Stand with feet shoulder-width apart.
- Lower your hips by bending your knees and pushing your hips back, as if sitting in a chair.
- Keep your chest up and back straight.

3. **Plank** (30 seconds)

- Start in a push-up position with your forearms on the ground.
- Keep your body in a straight line from head to heels, engaging your core.

4. **Lunges** (10 reps each leg)

- Step forward with one leg and lower your body until both knees are bent at 90-degree angles.
- Push back to the starting position and switch legs.

5. **Mountain Climbers** (20 reps total)

- Start in a plank position.
- Alternate bringing your knees towards your chest in a running motion.

6. **Glute Bridges** (12 reps)

- Lie on your back with knees bent and feet flat on the floor.
- Lift your hips towards the ceiling, squeezing your glutes at the top.

7. **Tricep Dips** (10 reps)

- Find a stable surface (chair, bench) and place your hands behind you with fingers pointing forward.
- Lower your body by bending your elbows, then push back up.

8. **Supermans** (12 reps)

- Lie face down with arms extended in front of you.
- Lift your arms, chest, and legs off the ground, squeezing your lower back muscles.

9. **High Knees** (30 seconds)

- Stand in place and run while lifting your knees towards your chest.

10. **Side Planks** (20 seconds each side)

- Lie on your side with your forearm supporting your body.
- Keep your body in a straight line and engage your oblique muscles.

Cool Down: 5-7 minutes

- Perform gentle stretches for each major muscle group, holding each stretch for 15-30 seconds.

Intermediate level:-

For All Days:- (week)

Warm-Up: 5-7 minutes

- Perform light cardio (jumping jacks, high knees, jogging in place) to increase your heart rate and warm up your muscles.

1. **Wide Push-Ups** (12 reps)

- Start in a plank position with hands placed wider than shoulder-width apart.
- Lower your body and push back up, engaging your chest and shoulders.

2. **Pistol Squats** (8 reps each leg)

- Stand on one leg and extend the other leg in front of you.
- Lower your body into a single-leg squat, then push back up.

3. **Plank with Shoulder Taps** (20 taps total)

- Start in a plank position.
- While maintaining a stable core, tap your left hand to your right shoulder, then alternate.

4. **Jumping Lunges** (12 reps total)

- Perform a lunge, then jump and switch legs in mid-air to land in a lunge position with the opposite leg forward.

5. **Diamond Push-Ups** (10 reps)

- Start in a push-up position, but place your hands close together, forming a diamond shape.
- Lower your body and push back up, engaging your triceps.

6. **Hindu Push-Ups** (10 reps)

- Start in a downward dog position with your hips high and hands and feet on the ground.
- Lower your body by bending your elbows and bringing your chest close to the ground, then push back up while arching your back.

7. **Bodyweight Rows** (12 reps)

- Find a sturdy horizontal surface (like a table) at waist height.
- Lie under it, grasp the edge, and pull your chest towards the surface.

8. **Bicycle Crunches** (20 reps total)

- Lie on your back, bring one knee towards your chest, while simultaneously twisting your torso to bring the opposite elbow towards that knee.

9. **Burpees** (10 reps)

- Start by squatting down, place your hands on the ground, kick your feet back into a plank position, perform a push-up, then jump your feet back to your hands and explode into a jump.

10. **Side Plank with Leg Lift** (15 seconds each side)

- Start in a side plank position with your forearm supporting your body.
- Lift your top leg while keeping your body in a straight line.

Cool Down: 5-7 minutes

- Perform gentle stretches for each major muscle group, holding each stretch for 15-30 seconds.

Advanced level:-

For All Days:- (week)

Warm-Up: 5-7 minutes

- Perform dynamic stretches, light cardio, or mobility exercises to warm up your muscles and increase your heart rate.

1. **One-Arm Push-Ups** (6 reps each arm)
 - Perform push-ups with one hand close to your body and the other hand positioned wider for balance.
 - Lower your body and push back up, engaging your chest, triceps, and core.
2. **Plyometric Squats** (12 reps)
 - Perform a regular squat, then explode off the ground into a jump.
 - Land softly and immediately go into the next squat.
3. **Handstand Push-Ups or Pike Push-Ups** (8 reps)
 - If you can do handstand push-ups, do them against a wall. Otherwise, perform pike push-ups with your hips raised.
 - Lower your body towards the ground and push back up.
4. **Plyometric Lunges** (10 reps each leg)
 - Perform a lunge, then explode off the ground into a jump and switch legs in mid-air.
 - Land softly and immediately go into the next lunge.
5. **Clapping Push-Ups** (8 reps)
 - Perform push-ups, but explode off the ground during the upward phase and clap your hands before landing.
6. **Muscle-Ups or Pull-Ups** (6 reps)
 - If you can do muscle-ups, perform them on a bar or rings. Otherwise, perform pull-ups.
 - Start from a hanging position, pull your body up, and transition to a dip at the top.
7. **Dragon Flags** (10 reps)
 - Lie on a bench or sturdy surface, hold onto the bench behind your head, and lift your entire body while keeping it straight.
8. **L-Sit or Hanging Leg Raises** (15 seconds or 10 reps)
 - If you can do an L-sit, hold your legs straight in front of you while supporting yourself on parallel bars.
 - Otherwise, perform hanging leg raises by hanging from a bar and lifting your legs.
9. **Explosive Burpees** (10 reps)
 - Perform a regular burpee, but explode into a jump at the end, reaching as high as you can.
10. **Plank with Arm and Leg Lift** (20 seconds each side)
 - Start in a plank position, then lift one arm and the opposite leg while maintaining a stable core.

Cool Down: 5-7 minutes

- Perform static stretches for each major muscle group, holding each stretch for 15-30 seconds.