

Without Equipment:- (Womens)

Beginner level:-

For All Days:- (week)

Warm-Up: 5-7 minutes

- Perform light cardio (marching in place, arm circles, etc.) to increase your heart rate and warm up your muscles.

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

- Start in a plank position with your knees on the ground.
- 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.

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

- Step back into a lunge with one leg, then push back to the starting position.
- Alternate legs for each rep.

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)

- Use 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.

	<ul style="list-style-type: none"> Lift your arms, chest, and legs off the ground, squeezing your lower back muscles.
9.	High Knees (30 seconds)
	<ul style="list-style-type: none"> Stand in place and run while lifting your knees towards your chest.
10.	Cool Down: 5-7 minutes
	<ul style="list-style-type: none"> 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
	<ul style="list-style-type: none"> Perform light cardio (jumping jacks, jogging in place) to increase your heart rate and warm up your muscles.
1.	Push-Ups (12 reps)
	<ul style="list-style-type: none"> Start in a plank position, hands slightly wider than shoulder-width. Lower your body, keeping it in a straight line, and push back up.
2.	Bodyweight Squats (15 reps)
	<ul style="list-style-type: none"> Stand with feet shoulder-width apart. Lower your hips by bending your knees and pushing your hips back, as if sitting in a chair.
3.	Plank to Downward Dog (12 reps)
	<ul style="list-style-type: none"> Start in a plank position, then push your hips up and back to form a downward dog position. Return to the plank and repeat.
4.	Reverse Lunges (12 reps each leg)
	<ul style="list-style-type: none"> Step back into a lunge with one leg, then push back to the starting position. Alternate legs for each rep.
5.	Mountain Climbers (30 reps total)
	<ul style="list-style-type: none"> Start in a plank position. Alternate bringing your knees towards your chest in a running motion.
6.	Glute Bridges with Leg Extension (15 reps each leg)

- Lie on your back with knees bent and feet flat on the floor.
- Lift your hips and extend one leg straight up, then lower it back down.

7. **Tricep Dips** (12 reps)

- Use 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** (15 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** (45 seconds)

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

10. **Plank with Hip Dips** (20 reps total)

- Start in a plank position on your forearms.
- Lower your hips to one side, then to the other side while engaging your obliques.

Cool Down: 5-7 minutes

- Perform static 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 light cardio (jumping jacks, jogging in place) and dynamic stretches to warm up your muscles.

1. **Push-Ups with Knee Tucks** (12 reps)

- Start in a push-up position, perform a push-up, and then tuck one knee towards your chest.
- Alternate knees with each push-up.

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

- Stand on one leg and extend the other leg in front of you.

- Lower yourself into a squat on one leg while keeping the other leg straight.

3. **Plank Jacks** (30 seconds)

- Start in a plank position on your hands.
- Jump your legs apart and then back together, engaging your core and shoulders.

4. **Walking Lunges** (20 reps total)

- Perform lunges by taking alternating steps forward, focusing on maintaining proper form.

5. **Burpees** (12 reps)

- Begin in a standing position, drop into a squat, kick your feet back to a push-up position, perform a push-up, hop your feet back to the squat position, and jump explosively.

6. **Single-Leg Glute Bridges with Leg Raise** (12 reps each leg)

- Lie on your back with one leg bent and the other leg extended.
- Lift your hips and extend the raised leg while keeping your hips elevated.

7. **Tricep Dips with Leg Extension** (12 reps)

- Use a stable surface (chair, bench) for tricep dips.
- As you extend your arms, lift one leg straight up, engaging your core.

8. **Plank to Push-Up** (8 reps each arm)

- Start in a plank position on your forearms.
- Push up onto one hand, then the other, into a push-up position.

9. **High Knees with Twists** (45 seconds)

- Stand in place and run while lifting your knees towards your chest.
- Twist your torso to touch each knee with the opposite elbow.

10. **Burpee Broad Jumps** (10 reps)

- Perform a burpee, then explosively jump forward as far as you can.
- Turn around and repeat the sequence.

Cool Down: 5-7 minutes

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