

♦ **Section 1: Weekly Workout Plan**

Monday – Full Body Strength

- Squats – 3 sets of 12
- Push-ups – 3 sets of 10
- Dumbbell Rows – 3 sets of 12 (each arm)
- Plank – 3 rounds of 30 seconds

Tuesday – Cardio & Core

- 30 min brisk walk or jog
- Russian Twists – 3 sets of 20
- Bicycle Crunches – 3 sets of 15

Wednesday – Rest & Stretch

Thursday – Upper Body Strength

- Shoulder Press – 3 sets of 10
- Bicep Curls – 3 sets of 12
- Tricep Dips – 3 sets of 10
- Side Plank – 3 rounds each side

Friday – Lower Body Focus

- Lunges – 3 sets of 10 each leg
- Glute Bridges – 3 sets of 15
- Calf Raises – 3 sets of 20
- Wall Sit – 2 rounds of 1 min

Weekend – Optional

- Yoga / Mobility
 - Light hike or bike ride
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♦ Section 2: Nutrition Tips

- 🥗 Eat a source of protein with every meal
 - 💧 Drink at least 2.5 liters of water daily
 - 🚫 Avoid skipping meals
 - 🌾 Choose whole grains over refined carbs
 - 🧠 Remember: progress over perfection
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♦ Section 3: Healthy Habits

- 🛌 Sleep 7–9 hours each night
 - 📅 Track your workouts in a journal or app
 - 🎧 Use music or podcasts to stay motivated
 - 🧘 Take deep breaths before every workout
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♦ Section 4: Notes from Sarah

"I want you to feel strong, confident, and energized. This is about showing up for yourself every day—not being perfect, but being consistent."

– 💖 Sarah