Beginner Workout Plan
Week 1 - Day 1

Warm Up

Stretching/ Walk

Begin all workouts with stretching of your major muscles. Today your warm up exercise is a 3-5 minute walk. If you would like another option for cardio you can also warm up using a rowing machine for 3-5 minutes, working your entire body.

Quads/Glutes

Modified Side Lunge

Begin with a wide stance and feet facing forward. Sit back bending one knee and keeping the opposite leg straight. Keep knee in line with your ankle and behind your toe to prevent injury.
Reps: 12 per leg Sets: 2-3

Calves

Calf Raises

Raise your heels a few inches off the ground, hold for 1-2 seconds and lower back down to the floor. If needed, hold onto a chair for balance.
Reps: 20 Sets: 3-4

Glutes/Thighs

Bodyweight Squat

Stand with feet a bit wider than shoulder width. Slowly lower your body to 90 degrees keeping your weight on your heels and knees behind your toes. Return to starting position.

Cool Down

Stretching

End your first day by stretching your muscles. Focus on breathing and slowing your heart rate down while holding each stretch for 30 seconds.

DIRECTIONS: Begin by stretching your muscles to prepare them for your workout. Upon completion of stretching, continue on to your warm up routine, which today consists of a short 3-5 minute walk. This will help to warm up your body, and get your blood flowing. Continue to the first exercise.

After you complete 1 set of each exercise, take a 60 second break before performing the next set. This will give your body a little rest, but not too much! We want to keep your heart rate elevated to help expend as many calories as possible during your workouts. Once you complete all of your sets for each exercise, take a 2-minute break and grab a drink of water. It's important to stay hydrated at all times!

Upon completing all resistance training, you can now move onto your cool down stretching routine. Stretching is important, post-workout and pre-workout - so do not forget to stretch before and after!