

4-Week Beginner Home Workout Plan

Week 1

- Day 1: Full Body Stretch + 10 Min Walk
- Day 2: Lower Body (Squats, Glute Bridges, Wall Sit)
- Day 3: Upper Body (Arm Circles, Wall Push-ups, Shoulder Taps)
- Day 4: Rest / Light Yoga
- Day 5: Core (Leg Raises, Plank, Russian Twists)
- Day 6: Full Body (Mix of all)
- Day 7: Rest + Body Massage

Week 2

- Day 1: Stretching + Yoga Flow (20 mins)
- Day 2: Glute + Thigh Toning
- Day 3: Arm + Back Toning
- Day 4: Rest / Walk
- Day 5: Abs + Waist Workout
- Day 6: Full Body HIIT (Beginner level)
- Day 7: Rest + Journaling

Week 3

- Day 1: Warm-up + Stretching
- Day 2: Lower Body (Add Pulse Variations)
- Day 3: Arm Burn + Wall Workout
- Day 4: Rest / Dance Workout (YouTube)
- Day 5: Core Blast (Add Side Planks)
- Day 6: Full Body Sculpt
- Day 7: Rest + Reflection

Week 4

- Day 1: Morning Stretch + Breathing
- Day 2: Glutes + Inner Thighs
- Day 3: Arms + Abs Combo
- Day 4: Rest / Walk with Podcast

- Day 5: Cardio + Core
- Day 6: Full Body + Posture
- Day 7: Full Rest + Glow Up Prep