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FREE 7 DAY WORK-OUT



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7-Day Home Workout Plan for Beginners (No Equipment Needed!)

How to Use This Plan:

- Do each workout on its designated day.
- Rest **30-60 seconds** between exercises.
- Modify as needed—listen to your body!

17 **Day 1: Full-Body Blast**

Squats – **3 sets x 15 reps**
Push-ups (or knee push-ups) – **3 sets x 10 reps**
Glute Bridges – **3 sets x 15 reps**
Shoulder Taps – **3 sets x 20 reps**
Jumping Jacks – **3 sets x 30 seconds**

17 **Day 2: Cardio & Core**

High Knees – **3 sets x 30 seconds**
Plank – **3 sets x 30-45 seconds**
Bicycle Crunches – **3 sets x 15 reps (each side)**
Burpees – **3 sets x 10 reps**
Russian Twists – **3 sets x 20 reps (each side)**

17 **Day 3: Lower Body Strength**

Bodyweight Squats – **3 sets x 20 reps**
Reverse Lunges – **3 sets x 12 reps (each leg)**
Glute Bridges – **3 sets x 15 reps**
Calf Raises – **3 sets x 20 reps**
Wall Sit – **3 sets x 30-45 seconds**

17 **Day 4: Active Recovery (Stretch & Walk)**

-  **Take a light walk or stretch for 15-20 minutes.**
- Try yoga or mobility exercises to improve flexibility!

17 **Day 5: Upper Body & Core**

Push-ups – **3 sets x 10-15 reps**
Shoulder Taps – **3 sets x 20 reps**
Plank Up-Downs – **3 sets x 10 reps**
Leg Raises – **3 sets x 15 reps**
Mountain Climbers – **3 sets x 30 seconds**

Day 6: HIIT (Fat Burning Workout)

40 seconds work / 20 seconds rest (Repeat 3 rounds)

Jump Squats

Push-ups

Plank Hold

Jumping Lunges

High Knees

Day 7: Rest & Recovery

Take a full rest or do light stretching.

Bonus: Go for a walk or do yoga for active recovery.

Want More? Download Your Free Workout Guide!

- Track your progress each week.
- Stay consistent and see results!
- **Sign up here to get more fitness tips!** [Insert Signup Link]