

4-week beginner workout plan

Three short sessions a week. Rest or walk on the other days.

Week	Day 1: strength	Day 2: cardio	Day 3: strength + core
1	2 rounds: 10 squats, 8 wall push-ups, 10 glute bridges	20 min brisk walk	2 rounds: 8 lunges each leg, 20 s plank, 10 bird dogs
2	3 rounds of week 1	25 min walk with 5 × 1 min faster	3 rounds of week 1, 25 s plank
3	3 rounds: 12 squats, 8 incline push-ups, 12 bridges	25 min, 6 × 1 min faster	3 rounds: 10 lunges each leg, 30 s plank, 12 bird dogs
4	3 rounds: 15 squats, 10 incline push-ups, 15 bridges	30 min, 8 × 1 min faster	3 rounds: 12 lunges each leg, 35 s plank, 12 dead bugs