

7-DAY BEGINNER HOME WORKOUT PLAN FOR WOMEN

No equipment. Just you, your body, and 20 minutes a day.

Welcome! This simple plan is designed for complete beginners. You'll train 3 days a week with active recovery in between, so your body has time to rest, adapt, and get stronger. Stick with it for consistency, not perfection.

Your Weekly Schedule

Day	Focus	Duration
Monday	Full-Body Strength (Workout A)	20 min
Tuesday	Active Recovery — walk or gentle stretching	10–15 min
Wednesday	Full-Body Strength (Workout A)	20 min
Thursday	Rest or light mobility work	—
Friday	Full-Body Strength (Workout A)	20 min
Saturday	Optional: walk, yoga, or dance for fun	15–20 min
Sunday	Full rest — let your muscles recover	—

Warm-Up (Do Before Every Workout — 3 minutes)

Exercise	Time
March in place	45 sec
Arm circles (forward + backward)	30 sec
Bodyweight squats (slow, no weight)	10 reps
Hip circles	30 sec each side

Workout A — Full-Body Strength (Mon / Wed / Fri)

Complete the circuit below. Rest 60–90 seconds after finishing all 5 exercises, then repeat for a total of 2–3 rounds depending on your energy level.

Exercise	Reps / Time	Targets
Bodyweight Squats	15 reps	Legs & glutes

Incline Push-Ups (hands on a table/wall)	10 reps	Chest, arms, shoulders
Glute Bridges	15 reps	Glutes & core
Standing Knee Lifts	20 reps (10 each side)	Core & coordination
Forearm Plank	20–30 sec hold	Full core

Beginner tip: if a move feels too hard, do fewer reps or take a longer rest. If it feels too easy after 2 weeks, add a third round.

Cool-Down (After Every Workout — 3 minutes)

Gently stretch your quads, hamstrings, chest, and shoulders, holding each stretch for 20–30 seconds. Breathe slowly and let your heart rate come back down before you stop.

5 Rules to Stay Consistent

- Schedule your workout like an appointment — same days, same time if possible.
- Listen to your body: modify a move if it feels too difficult.
- Track your reps or how you felt each session to see progress over time.
- Don't skip rest days — your muscles get stronger while you recover, not while you train.
- Celebrate small wins: finishing a week counts as a win.

This plan is for general fitness guidance. If you have any health conditions or concerns, check with a doctor before starting a new exercise routine.