

Beginner full-body workout

at home, no equipment

A chair, a wall and a bit of floor are all you need.

Beginner	2-3×	8-12	1-2 min
LEVEL	DAYS A WEEK	REPS PER SET	REST BETWEEN SETS

1

MOBILITY & WARM-UP

3-5 min

— Walk or march in place for 1-2 minutes

— Slow circles with your arms, hips and ankles

— 5-6 very easy reps of the chair squat and wall push-up

2

WORKOUT

do the exercises in order

2 SETS OF EACH, IN ORDER (1 SET IF YOU HAVE BEEN VERY INACTIVE)

EXERCISE	SETS x REPS	DONE
1 Chair squat Legs and hips · Sit down slowly, then stand up. Hands on thighs if needed.	2 x 8-12	☐ ☐
2 Wall push-up Chest, shoulders, arms · Hands on a wall at chest height. Bend your elbows, then push back.	2 x 8-12	☐ ☐
3 Glute bridge Hips, back of the legs · On your back, knees bent. Lift your hips, lower slowly.	2 x 8-12	☐ ☐
4 Supported one-arm row Upper back, arms · Light backpack in one hand, other hand on a chair. Pull to your waist. Switch sides.	2 x 8-12	☐ ☐
5 Bird dog Back, hips, abdomen · Reach one arm forward and the opposite leg back. Switch sides.	2 x 8-12	☐ ☐
6 Counter plank Abdomen, shoulders · Hands on a sturdy counter, body in a straight line.	2 x hold	☐ ☐

Choose the effort: stop each set when one more repetition would be hard, but keep good form.

3

PLAN

12 weeks

WEEKS	SETS OF EACH EXERCISE	MAKE IT A BIT HARDER
1-4	2 sets (1 if very inactive)	Learn the movements, moderate effort
5-8	3 sets of 8-10	Use a slightly harder version as it gets easier
9-12	3 sets of 8-10	Move to a harder version of one or two exercises

4

COOL-DOWN

— Easy stretches for the muscles you just used

— Stretch when your muscles are warm, and breathe

— Never stretch so far that it hurts

Progress: Change one thing at a time: repetitions, sets or exercise difficulty. Start low and go slow.