



7-Day Bodyweight Starter Plan

Your first week, mapped out. No gym. No equipment. Just you and the floor.



Day 1: Push Focus

WORKOUT · 15–20 MINS

Wall Push-Ups

3 sets of 8–12. Stand arm's length from a wall, hands shoulder-width. Lower chest toward wall, press back.

Knee Push-Ups (if ready)

2 sets of 5–8. Same as push-up but knees on floor. If wall push-ups are enough, stick with those.

Plank Hold

2 holds of 15–20 seconds. Elbows under shoulders, body in straight line, core tight.



Day 2: Walk

CARDIO · 20–30 MINS

Brisk walk. You should be breathing slightly heavier but still able to hold a conversation. This is your Zone 2 foundation.



Day 3: Legs + Pull

WORKOUT · 15–20 MINS

Chair Squats

3 sets of 8–12. Stand in front of a chair. Lower until you lightly touch it, then stand up.

Glute Bridges

3 sets of 10–15. Lie on back, knees bent. Lift hips until body forms straight line from shoulders to knees.

Table Rows

2 sets of 6–10. Lie under a sturdy table, grip edge, pull chest toward table. Bent knees make it easier.



Day 4: Rest

RECOVERY

No formal workout. Gentle stretching or a short walk if you feel like it. Muscle grows while you rest.



Day 5: Full Body Circuit

WORKOUT · 20 MINS

The Circuit

Do each exercise for 30 seconds, rest 15 seconds, move to the next. Repeat the whole circuit 2–3 times.

1. Wall Push-Ups

30 seconds

2. Chair Squats

30 seconds

3. Glute Bridges

30 seconds

4. Plank Hold

30 seconds (or as long as you can with good form)

5. March in Place

30 seconds, lifting knees to hip height



Day 6: Walk

CARDIO · 25–30 MINS

Same brisk pace as Day 2. Try to walk a little further if you're feeling good. This is consistency building.



Day 7: Rest + Reflect

RECOVERY

You made it through week one. Notice how your body feels. Write down one win from this week. Next week, add one more rep to each exercise.



Key Tips

- Warm up for 2–3 minutes before each workout (marching in place, arm circles)
- Focus on form, not speed
- If something hurts (sharp pain), stop and rest
- Consistency beats intensity — show up next week