

smoothich

Full-Body Home Workout Plan

3 sessions a week
35–45 min each

Schedule. Three non-consecutive days, e.g. Mon, Wed, Fri.

Order. Week 1: A, B, A. Week 2: B, A, B. Then repeat.

Effort. Rest 60–90 s. End sets with 1–2 good reps in reserve.

Workout A

Warm-up 5 min: arm circles, leg swings, cat-cow

Movement	Exercise	Sets × reps	Wk 1	Wk 2	Wk 3	Wk 4
Push · horizontal	Push-ups (kneeling or standard)	3 × 8–12				
Pull · horizontal	Band rows or inverted rows	3 × 10–15				
Squat	Bodyweight or goblet squats	3 × 12–15				
Hinge	Glute bridges (or single-leg)	3 × 12 each side				
Core	Plank hold	3 × 20–40 sec				

Workout B

Warm-up 5 min: jumping jacks, hip circles, push-up to down dog

Movement	Exercise	Sets × reps	Wk 1	Wk 2	Wk 3	Wk 4
Push · vertical	Pike push-ups or band overhead press	3 × 8–12				
Pull · vertical	Band-assisted pull-ups or band pull-downs	3 × 6–10				
Squat	Bulgarian split squats	3 × 10 each leg				
Hinge	Single-leg Romanian deadlifts	3 × 10 each leg				
Core	Dead bugs	3 × 10 each side				

Write your best reps (or hold time) for each week in the boxes. Beat it by one rep before making an exercise harder.

Make it harder, one change at a time
More reps ≡ slower lowering (3 s) ≡ harder variation ≡ shorter rest ≡ add load (a backpack with books).

Safety
General fitness information, not medical advice. Check with a doctor first if you have an injury or health condition. Stop if you feel sharp pain, dizziness or chest pain.