

28-Day Workout Plan (Beginner-Friendly)

Full Body – No Equipment Required

Week 1

Mon: 20 squats, 15 pushups, 30-sec plank

Tue: 30-min walk

Wed: 15 lunges/leg, 20 crunches, 20-sec side planks

Thu: 30-min walk

Fri: 25 squats, 10 burpees, 15 pushups

Sat: 30-min walk or rest

Sun: Rest

Week 2

Mon: 30 squats, 20 pushups, 40-sec plank

Tue: 30-min walk

Wed: 20 lunges/leg, 25 crunches, 30-sec side planks

Thu: 30-min walk

Fri: 30 squats, 15 burpees, 20 pushups

Sat: 30-min walk or light jog

Sun: Rest

Week 3

Mon: 35 squats, 25 pushups, 45-sec plank

Tue: 40-min walk or jog

Wed: 25 lunges/leg, 30 crunches, 30-sec side planks

Thu: 40-min walk

Fri: 35 squats, 20 burpees, 25 pushups

Sat: 40-min walk or jog

Sun: Rest

Week 4

Mon: 40 squats, 30 pushups, 60-sec plank

Tue: 45-min walk or jog

Wed: 30 lunges/leg, 35 crunches, 45-sec side planks

Thu: 45-min walk

Fri: 40 squats, 25 burpees, 30 pushups

Sat: 45-min walk or jog

Sun: Rest

Bonus Tips: Maintain good form; take short rests if needed. Stay hydrated. Combine with a healthy diet for best results.

Medical Disclaimer:

This workout plan is for general informational purposes only. Consult a physician before beginning any new exercise program, especially if you have any preexisting medical conditions or concerns. Use at your own risk.

Downloaded from <https://stayfitincollege.org/>