

WEEKLY WORKOUT PLANNER

	Bodyweight Full Body Basics	Bodyweight Squats 3 sets x 10-12 Wall Push-ups 3 sets x 8-10 Glute Bridges 3 sets x 10-12 Plank 2 sets x 20-30 seconds
	Lower Body and Core Focus	Step-ups (use stairs or stable surface) 3 sets x 8-10 each leg Bird Dog 3 sets x 10 each side Side Plank 2 sets x 15-20 seconds each side Wall Sit 2 sets x 20-30 seconds
	Upper Body Basics	Incline Push-ups (use table or bench) 3 sets x 8-10 Superman Hold 3 sets x 20 seconds Chair Dips (use sturdy chair) 3 sets x 6-8 Dead Bug 3 sets x 10 each side
	Active Recovery and Mobility	Child's Pose Stretch 1 sets x 30-60 seconds Cat-Cow Stretch 2 sets x 8-10 Standing Hip Circles 2 sets x 10 each direction Walking for 15-20 minutes 1 sets x

Created by: