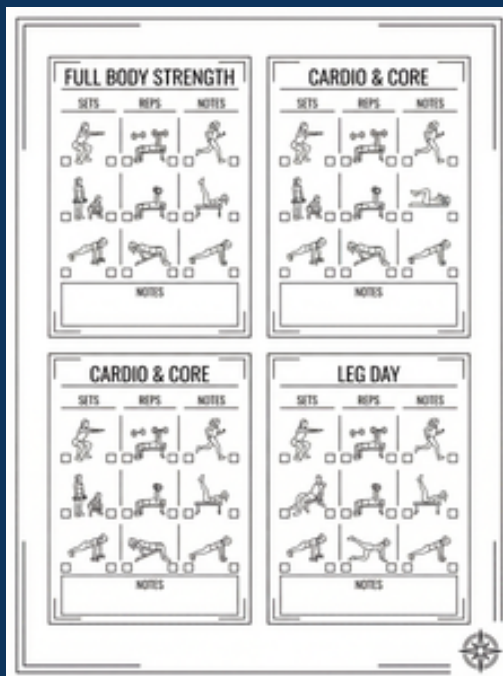


# 14-Day Beginner Workout Plan

35–45 Minute Workouts You Can Follow Step-by-Step



Beginner-Friendly • No Equipment Required • Printable

# Welcome!

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This 14-day workout plan is designed for beginners who want real results without confusion. Each workout takes 35–45 minutes and includes a warm-up, structured training, and a finisher.

## BENEFITS

- ✓ Beginner-friendly
- ✓ No equipment required (optional dumbbells)
- ✓ Structured workouts with clear progressions
- ✓ Designed for consistency and real results

# 5-Minute Warm-Up

Perform each movement for 20–30 seconds



HOPS ON THE SPOT  
MINIMAL WORKOUT SERIES

## Hops on the Spot

20–30 sec



SIDE-TO-SIDE HOPS

## Side-to-Side Hops

20–30 sec



SINGLE LEG HOP

## Single Leg Hops

20–30 sec



CHEST EXPANSION  
FITNESS GUIDE

## Chest Expansions

20–30 sec



ARM CIRCLES

FITNESS WORKOUT POSTER

## Arm Circles

20–30 sec



CHEST EXPANSION  
FITNESS GUIDE

## Alt. Chest Expansions

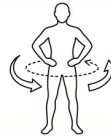
20–30 sec



TORSO ROTATIONS

## Torso Rotations

20–30 sec



HIP ROTATIONS  
FITNESS WORKOUT GUIDE

## Hip Rotations

20–30 sec



SHOULDER ROTATIONS

## Shoulder Rotations

20–30 sec

# 14-Day Workout Calendar

WEEK 1	WEEK 2
<b>Day 1</b> Full Body	<b>Day 8</b> Full Body+
<b>Day 2</b> Cardio + Core	<b>Day 9</b> Cardio + Core+
<b>Day 3</b> Lower Body	<b>Day 10</b> Lower Body+
<b>Day 4</b> Active Recovery	<b>Day 11</b> Active Recovery
<b>Day 5</b> Upper Body	<b>Day 12</b> Upper Body+
<b>Day 6</b> Full Body HIIT	<b>Day 13</b> Full Body HIIT+
<b>Day 7</b> REST	<b>Day 14</b> REST

**Week 2 Progression:** Add +1 round per circuit, +5 reps, +10–15 sec to holds, and reduce rest slightly.

# DAY 1 – FULL BODY

Estimated Time: 35–45 minutes

## 1. WARM-UP REMINDER

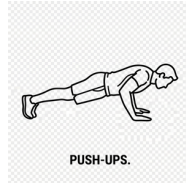
Perform the 5-Minute Warm-Up (see Warm-Up page) before starting.

## 2. MAIN WORKOUT – Circuit 1 (3 rounds)



**Squats**

15 reps



**Push-Ups**

12 reps



**Glute Bridges**

15 reps



**Plank**

30 sec

## Circuit 2 (3 rounds)



**Reverse Lunges**

10 each leg



**Rows**

12 reps



**Shoulder Taps**

12 reps



**Wall Sit**

30 sec

## 3. FINISHER – Repeat 4 rounds



**Jumping Jacks**

30 sec



**High Knees**

30 sec



**Rest**

30 sec

■ Round 1 ■ Round 2 ■ Round 3 ■ Round 4 ■ Workout Completed

14-Day Beginner Workout Plan | 35–45 min per session





# DAY 2 – CARDIO + CORE

Estimated Time: 35–45 minutes





## 1. WARM-UP REMINDER

Perform the 5-Minute Warm-Up (see Warm-Up page) before starting.


## 2. MAIN WORKOUT – Circuit (4 rounds)

 JUMPING JACKS	 MOUNTAIN CLIMBERS	 HIGH KNEES FITNESS DAILY	
<b>Jumping Jacks</b> 40 sec	<b>Mountain Climbers</b> 30 sec	<b>High Knees</b> 30 sec	<b>Rest</b> 30 sec

## Core Block (3 rounds)

 CRUNCHES	 LEG RAISES		 RUSSIAN TWISTS
<b>Crunches</b> 20 reps	<b>Leg Raises</b> 12 reps	<b>Plank</b> 30 sec	<b>Russian Twists</b> 20 reps

## 3. FINISHER – 3 rounds

 BURPEES FULL BODY EXTENSION			
<b>Burpees</b> 8–10 reps			

■ Round 1 ■ Round 2 ■ Round 3 ■ Round 4 ■ Workout Completed

14-Day Beginner Workout Plan | 35–45 min per session

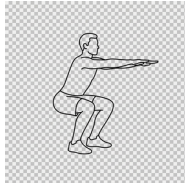
# DAY 3 – LOWER BODY

Estimated Time: 35–45 minutes

## 1. WARM-UP REMINDER

Perform the 5-Minute Warm-Up (see Warm-Up page) before starting.

## 2. MAIN WORKOUT – Circuit 1 (4 rounds)



**Squats**

15 reps



**Lunges**

12 each leg



**Glute Bridges**

20 reps



**Wall Sit**

40 sec

## Circuit 2 (3 rounds)



**STEP-UPS**

**Step-Ups**

12 each leg



**CALF RAISES**

**Calf Raises**

20 reps



**PULSE SQUATS**

**Pulse Squats**

15 reps

## 3. FINISHER – Repeat 4 rounds



**Jump Squats**

10 reps



**HIGH KNEES**

FITNESS DAILY

**High Knees**

30 sec

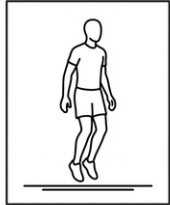
■ Round 1 ■ Round 2 ■ Round 3 ■ Round 4 ■ Workout Completed

14-Day Beginner Workout Plan | 35–45 min per session

# DAY 4 – ACTIVE RECOVERY

Estimated Time: 30–40 minutes

## TODAY'S ACTIVITIES



**HOPS ON THE SPOT**  
MINIMAL WORKOUT SERIES

### Walk 20–30 Minutes

Easy-paced walk outdoors or on a treadmill. Focus on breathing and light movement.



TORSO ROTATIONS

### Stretching – 10 Minutes

Hold each stretch for 20–30 seconds. Focus on legs, hips, back and shoulders.

## ■ Workout Completed

14-Day Beginner Workout Plan | 35–45 min per session

# DAY 5 – UPPER BODY

Estimated Time: 35–45 minutes

## 1. WARM-UP REMINDER

Perform the 5-Minute Warm-Up (see Warm-Up page) before starting.

## 2. MAIN WORKOUT – Circuit 1 (3 rounds)



PUSH-UPS.

### Push-Ups

12 reps

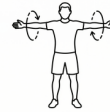


SHOULDER TAPS  
CORE STRENGTH

### Shoulder Taps

12 reps

ARM CIRCLES



FITNESS WORKOUT POSTER

### Arm Circles

40 sec

TRICEP DIPS



FITNESS WORKOUT

### Tricep Dips

12 reps

## Circuit 2 (3 rounds)



### Rows

12 reps



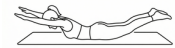
### Bicep Curls

12 reps



### Plank

30 sec



SUPERMAN HOLD

### Superman Hold

30 sec

## 3. FINISHER – Repeat 4 rounds



### Shadow Boxing

30 sec



JUMPING JACKS

### Jumping Jacks

30 sec

■ Round 1 ■ Round 2 ■ Round 3 ■ Round 4 ■ Workout Completed

14-Day Beginner Workout Plan | 35–45 min per session

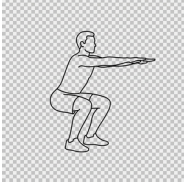
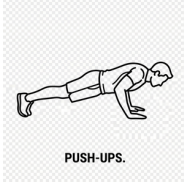



# DAY 6 – FULL BODY HIIT

Estimated Time: 35–45 minutes



## 1. WARM-UP REMINDER

Perform the 5-Minute Warm-Up (see Warm-Up page) before starting.

## 2. MAIN WORKOUT – Circuit (5 rounds)

 <p><b>Squats</b> 15 reps</p>	 <p><b>Push-Ups</b> 10 reps</p>	 <p><b>Mountain Climbers</b> 30 sec</p>	 <p><b>Lunges</b> 10 each leg</p>
 <p><b>Plank</b> 30 sec</p>			

## 3. FINISHER – Repeat 3–4 rounds

 <p><b>Burpees</b> 8 reps</p>	 <p><b>High Knees</b> 30 sec</p>		
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■ Round 1 ■ Round 2 ■ Round 3 ■ Round 4 ■ Workout Completed

# DAY 7 – REST

You earned it!

Rest is an essential part of any training program. Your muscles repair and grow stronger during recovery. Use today to relax, hydrate, and prepare for Week 2.

## WEEK 2 PROGRESSION REMINDER

<b>+1 Round</b>	<b>+5 Reps</b>	<b>+10–15 sec</b>	<b>Less Rest</b>
per circuit	per exercise	to holds	between sets

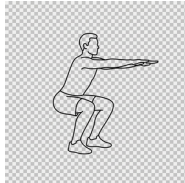
# DAY 8 – FULL BODY

Estimated Time: 35–45 minutes

## 1. WARM-UP REMINDER

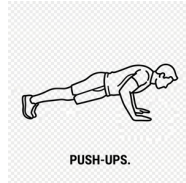
Perform the 5-Minute Warm-Up (see Warm-Up page) before starting.

## 2. MAIN WORKOUT – Circuit 1 (4 rounds)



**Squats**

20 reps



**Push-Ups**

15 reps



**Glute Bridges**

20 reps



**Plank**

40 sec

## Circuit 2 (4 rounds)



**Reverse Lunges**

12 each leg



**Rows**

15 reps



**Shoulder Taps**

15 reps



**Wall Sit**

40 sec

## 3. FINISHER – Repeat 4 rounds



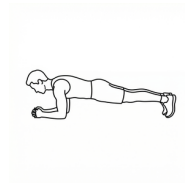
**Jumping Jacks**

30 sec



**High Knees**

30 sec



**Rest**

20 sec

■ Round 1 ■ Round 2 ■ Round 3 ■ Round 4 ■ Workout Completed

14-Day Beginner Workout Plan | 35–45 min per session





# DAY 9 – CARDIO + CORE

Estimated Time: 35–45 minutes





## 1. WARM-UP REMINDER

Perform the 5-Minute Warm-Up (see Warm-Up page) before starting.


## 2. MAIN WORKOUT – Circuit (5 rounds)

 JUMPING JACKS	 MOUNTAIN CLIMBERS	 HIGH KNEES FITNESS DAILY	
<b>Jumping Jacks</b> 40 sec	<b>Mountain Climbers</b> 35 sec	<b>High Knees</b> 35 sec	<b>Rest</b> 20 sec

## Core Block (4 rounds)

 CRUNCHES	 LEG RAISES		 RUSSIAN TWISTS
<b>Crunches</b> 25 reps	<b>Leg Raises</b> 15 reps	<b>Plank</b> 40 sec	<b>Russian Twists</b> 25 reps

## 3. FINISHER – 3 rounds

 BURPEES FULL BODY EXTENSION			
<b>Burpees</b> 10–12 reps			

■ Round 1 ■ Round 2 ■ Round 3 ■ Round 4 ■ Workout Completed

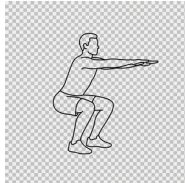
# DAY 10 – LOWER BODY

Estimated Time: 35–45 minutes

## 1. WARM-UP REMINDER

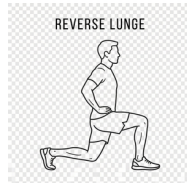
Perform the 5-Minute Warm-Up (see Warm-Up page) before starting.

## 2. MAIN WORKOUT – Circuit 1 (5 rounds)



**Squats**

20 reps



**Lunges**

15 each leg



**Glute Bridges**

25 reps



**Wall Sit**

50 sec

## Circuit 2 (4 rounds)



**STEP-UPS**

**Step-Ups**

15 each leg



**CALF RAISES**

**Calf Raises**

25 reps



**PULSE SQUATS**

**Pulse Squats**

20 reps

## 3. FINISHER – Repeat 4 rounds



**Jump Squats**

12 reps



**HIGH KNEES**  
FITNESS DAILY

**High Knees**

35 sec

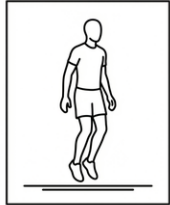
■ Round 1 ■ Round 2 ■ Round 3 ■ Round 4 ■ Workout Completed

14-Day Beginner Workout Plan | 35–45 min per session

# DAY 11 – ACTIVE RECOVERY

Estimated Time: 30–40 minutes

## TODAY'S ACTIVITIES



**HOPS ON THE SPOT**  
MINIMAL WORKOUT SERIES

### Walk 20–30 Minutes

Easy-paced walk outdoors or on a treadmill. Focus on breathing and light movement.



TORSO ROTATIONS

### Stretching – 10 Minutes

Hold each stretch for 20–30 seconds. Focus on legs, hips, back and shoulders.

---

## ■ Workout Completed

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14-Day Beginner Workout Plan | 35–45 min per session

# DAY 12 – UPPER BODY

Estimated Time: 35–45 minutes

## 1. WARM-UP REMINDER

Perform the 5-Minute Warm-Up (see Warm-Up page) before starting.

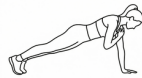
## 2. MAIN WORKOUT – Circuit 1 (4 rounds)



PUSH-UPS.

### Push-Ups

15 reps

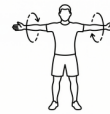


SHOULDER TAPS  
CORE STRENGTH

### Shoulder Taps

15 reps

ARM CIRCLES



FITNESS WORKOUT POSTER

### Arm Circles

45 sec

TRICEP DIPS



FITNESS WORKOUT

### Tricep Dips

15 reps

## Circuit 2 (4 rounds)



### Rows

15 reps



### Bicep Curls

15 reps



### Plank

40 sec



SUPERMAN HOLD

### Superman Hold

40 sec

## 3. FINISHER – Repeat 4 rounds



### Shadow Boxing

35 sec



JUMPING JACKS

### Jumping Jacks

35 sec

■ Round 1 ■ Round 2 ■ Round 3 ■ Round 4 ■ Workout Completed

14-Day Beginner Workout Plan | 35–45 min per session

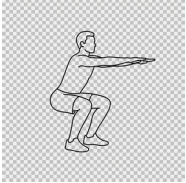
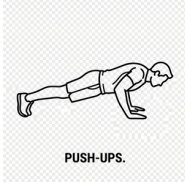



# DAY 13 – FULL BODY HIIT

Estimated Time: 35–45 minutes



## 1. WARM-UP REMINDER

Perform the 5-Minute Warm-Up (see Warm-Up page) before starting.

## 2. MAIN WORKOUT – Circuit (6 rounds)

 <p><b>Squats</b> 20 reps</p>	 <p><b>Push-Ups</b> 12 reps</p>	 <p><b>Mountain Climbers</b> 35 sec</p>	 <p><b>Lunges</b> 12 each leg</p>
 <p><b>Plank</b> 40 sec</p>			

## 3. FINISHER – Repeat 4 rounds

 <p><b>Burpees</b> 10 reps</p>	 <p><b>High Knees</b> 35 sec</p>		
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■ Round 1 ■ Round 2 ■ Round 3 ■ Round 4 ■ Workout Completed

# DAY 14 – REST & CELEBRATE!

You completed the 14-Day Plan!

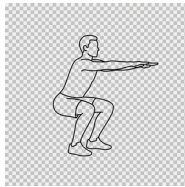
Congratulations on completing the 14-Day Beginner Workout Plan! You have built a solid foundation of strength, endurance, and consistency. Rest today and consider what challenge comes next.

# Workout Tracker

Day	Workout	Completed
Day 1	Full Body	<input type="checkbox"/>
Day 2	Cardio + Core	<input type="checkbox"/>
Day 3	Lower Body	<input type="checkbox"/>
Day 4	Active Recovery	<input type="checkbox"/>
Day 5	Upper Body	<input type="checkbox"/>
Day 6	Full Body HIIT	<input type="checkbox"/>
Day 7	REST	<input type="checkbox"/>
Day 8	Full Body+	<input type="checkbox"/>
Day 9	Cardio + Core+	<input type="checkbox"/>
Day 10	Lower Body+	<input type="checkbox"/>
Day 11	Active Recovery	<input type="checkbox"/>
Day 12	Upper Body+	<input type="checkbox"/>
Day 13	Full Body HIIT+	<input type="checkbox"/>
Day 14	REST	<input type="checkbox"/>

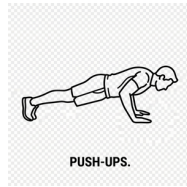
# 7-Minute Emergency Workout

No time? No problem. Repeat 2 times.



**Squats**

30 sec



PUSH-UPS.

**Push-Ups**

30 sec



**Plank**

30 sec



JUMPING JACKS

**Jumping Jacks**

30 sec

Repeat 2 times — Total: ~7 minutes

# Recommended for Faster Results

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## Resistance Bands

Add variable resistance to squats, lunges, rows, and more.

## Dumbbells

Increase the challenge on curls, rows, shoulder work, and presses.

## Fitness Programs

Ready to level up? Explore structured 30–90 day programs.

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**Keep moving. Stay consistent. Results follow.**

14-Day Beginner Workout Plan | 35–45 min per session