

FREE BEGINNER GUIDE · FITNESS

The 30-Day Home Workout *for Beginners*

A simple, no-equipment plan to build strength and energy at home: 8 beginner exercises with clear form tips, a 20-minute routine, and a 4-week schedule you can actually stick to.

8

no-equipment exercises

20 min

per workout, 3 days a week

4

week step-by-step plan

Before you begin

You don't need a gym or equipment to get stronger. Three short workouts a week, done consistently, is a great start for most beginners. The most important thing is to start gently and build up.

Check with a doctor first if you...

- ❗ Have a heart condition or high blood pressure
- ❗ Get chest pain or dizziness when active
- ❗ Have joint, back, or bone problems
- ❗ Are pregnant or recently gave birth
- ❗ Take medication that affects exercise
- ❗ Haven't exercised in a long time and are over 45

What you need

- ☐ A clear space about 2 x 2 meters
- ☐ Comfortable clothes and supportive shoes
- ☐ A mat or towel for floor exercises
- ☐ A sturdy chair and a bottle of water

Golden rules

- ☐ Good form first, speed and reps later
- ☐ Breathe out on the effort, never hold your breath
- ☐ Mild muscle effort is normal; sharp pain is not, so stop
- ☐ Rest a day between strength workouts

How hard should it feel?

1. **Talk test:** you should be able to speak in short sentences during the workout
2. **Effort scale:** aim for about 6 out of 10, which is challenging but comfortable
3. **Last reps:** the final 2 reps of each set should feel like work, but with good form

My why: the reason I'm starting

More energy? Keep up with the kids? Feel stronger? Write it down.

Lower body & legs

Strong legs and hips make everyday life easier: climbing stairs, carrying shopping, and getting up from the floor.

1. Chair squat

LEGS & GLUTES

1. Stand in front of a chair, feet hip-width apart.
2. Push your hips back and lower until you lightly touch the seat.
3. Press through your heels to stand tall.

Form tip: keep your chest up and knees in line with your toes.

Easier: sit fully, then stand. **Harder:** no chair.

2. Glute bridge

GLUTES & LOWER BACK

1. Lie on your back, knees bent, feet flat.
2. Squeeze your glutes and lift your hips until your body is in a straight line.
3. Pause for 2 seconds, then lower slowly.

Form tip: push through your heels; don't arch your lower back.

Harder: hold 5 seconds at the top.

3. Supported reverse lunge

LEGS & BALANCE

1. Hold a chair or wall for balance.
2. Step one foot back and bend both knees gently.
3. Push through the front heel to return. Switch sides.

Form tip: keep your front knee over your ankle.

Easier: take a smaller step back.

4. Step-ups

LEGS & HEART

1. Use the bottom stair or a sturdy, low step.
2. Step up with one foot, then the other.
3. Step down the same way. Switch the lead leg halfway.

Form tip: place your whole foot on the step.

Safety: hold a rail if you have one.

5-minute warm-up (do this first, every time)

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| ☐ 1 min: march in place, swinging your arms | ☐ 1 min: 10 slow chair squats |
| ☐ 30 sec: big, slow arm circles each way | ☐ 1 min: step side to side |
| ☐ 30 sec: gentle torso twists | ☐ 1 min: heel raises and ankle circles |

Upper body & core

A strong upper body and core support good posture and protect your back during daily tasks.

5. Wall or knee push-up

CHEST, SHOULDERS & ARMS

1. Place your hands on a wall (easiest), a counter, or the floor with knees down.
2. Lower your chest toward your hands with a straight body.
3. Push back to the start.

Form tip: keep your elbows at about 45° from your body.

Progress: wall → counter → knees → toes.

6. Bird dog

CORE & BACK

1. Start on hands and knees.
2. Reach one arm forward and the opposite leg back.
3. Hold for 2 seconds, return, and switch sides.

Form tip: keep your back flat, like a table.

Easier: move only the leg.

7. Plank

WHOLE CORE

1. Rest on your forearms, with knees down (easier) or legs straight.
2. Keep a straight line from head to knees or heels.
3. Hold for the time in your plan, breathing steadily.

Form tip: don't let your hips sag or lift high.

Start: 15–20 seconds is plenty.

8. Dead bug

DEEP CORE

1. Lie on your back, arms up, knees bent at 90°.
2. Slowly lower one arm and the opposite leg toward the floor.
3. Return and switch sides.

Form tip: press your lower back gently into the floor.

Easier: move only the legs.

3-minute cool-down stretches (hold each 20–30 seconds)

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| ☐ Standing calf stretch against a wall | ☐ Chest stretch in a doorway |
| ☐ Standing thigh stretch, holding a chair | ☐ Gentle shoulder stretch across your body |
| ☐ Seated hamstring stretch on a chair | ☐ Child's pose on the floor, if comfortable |

Stretch gently. You should feel a mild pull, never pain.

THE ROUTINE

Your 20-minute workout

Do this routine 3 times a week, such as Monday, Wednesday, and Friday. Complete each exercise in order, rest about 30–60 seconds between exercises, then repeat for the rounds in your weekly plan.

Part	What to do	Time
Warm-up	March in place, arm circles, gentle torso twists, and slow chair squats	5 min
Circuit	Exercises 1–8 in order, for the reps or time in your weekly plan	12 min
Cool-down	Slow walk around the room, then gentle stretches for legs, chest, and back	3 min

Week	Rounds	Reps per exercise	Plank
Week 1	2 rounds	8 reps (each side for lunges and bird dog)	15–20 seconds
Week 2	2 rounds	10 reps	20–25 seconds
Week 3	3 rounds	10 reps	25–30 seconds
Week 4	3 rounds	12 reps, or try a harder version	30–40 seconds

On the other days

- ☐ Take a 20–30 minute brisk walk
- ☐ Do gentle stretching
- ☐ Have at least one full rest day

If a week feels too hard

- ☐ Repeat the same week again
- ☐ Use the easier versions
- ☐ Rest longer between exercises

Done the 30 days? For a structured next step focused on stronger glutes and hips, see [Unlock Your Glutes →](#) (more on page 7).

TRACK YOUR PROGRESS

Your 30-day tracker

Tick each workout and walk as you finish it. Seeing the ticks add up is one of the best ways to stay motivated.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Workout ☐	Walk ☐	Workout ☐	Walk ☐	Workout ☐	Walk ☐	Rest
2	Workout ☐	Walk ☐	Workout ☐	Walk ☐	Workout ☐	Walk ☐	Rest
3	Workout ☐	Walk ☐	Workout ☐	Walk ☐	Workout ☐	Walk ☐	Rest
4	Workout ☐	Walk ☐	Workout ☐	Walk ☐	Workout ☐	Walk ☐	Rest

Simple fitness check

Day 1

Day 30

Chair squats in 30 seconds

Wall or knee push-ups (good form)

Plank hold (seconds)

How I feel (energy, 1–10)

Habits that help

- ☐ Schedule workouts like appointments
- ☐ Lay out your clothes the night before
- ☐ Drink water and sleep well
- ☐ Eat balanced meals with protein and vegetables

Missed a day?

- ☐ Don't try to "catch up" by doubling
- ☐ Just do the next workout
- ☐ Progress, not perfection

YOUR NEXT STEP

Ready for the next level?

After 30 days, you'll have a habit and a stronger base. If you'd like a structured follow-on program focused on building stronger glutes and hips, the muscles that support your lower back and power everyday movement, here's one option worth a look.

RECOMMENDED PROGRAM

Unlock Your Glutes

Glute-focused workouts

A program built around strengthening the glutes and hips.

For men and women

Designed for a range of fitness levels.

Follow-along structure

Step-by-step workouts so you know exactly what to do.

Digital access

Use it on your phone, tablet, or computer.

[See Unlock Your Glutes →](#)

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Keep moving,

Uday Chandra

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