

Beginner Bodyweight Exercises

This playbook outlines a set of foundational bodyweight exercises designed for beginners to build strength and fitness. These exercises require no equipment and can be performed in various settings.

Step 1: **Warm-Up**

Begin with a 5 to 10-minute low-intensity warm-up to prepare your muscles and joints for exercise. This could include activities like walking, jogging in place, arm circles, and leg swings.

Step 2: **Push-Ups**

Start in a plank position with your hands slightly wider than shoulder-width apart. Keeping your body straight, lower yourself down until your chest nearly touches the floor, then push back up. If necessary, modify by dropping to your knees.

Step 3: **Squats**

Stand with your feet shoulder-width apart, toes slightly pointed out. Lower your body as if sitting back into a chair, keeping the weight on your heels, then rise back to the starting position. Ensure your knees do not go past your toes.

Step 4: **Plank**

Lie face down with forearms on the ground and elbows beneath the shoulders. Raise your body off the ground, maintaining a straight line

from heels to head. Hold this position, keeping your core tight, for 20 to 60 seconds.

Step 5: Lunges

Take a step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle. Push back up to the starting position and repeat with the other leg.

Step 6: Glute Bridges

Lie on your back with your knees bent and feet flat on the ground. Push through your heels to lift your hips off the ground, forming a straight line from knees to shoulders. Hold for a few seconds, then lower back down.

Step 7: Cool-Down

End your workout with a 5 to 10-minute cool-down period. This could include stretching exercises such as hamstring stretches, quad stretches, and chest stretches to relax the muscles and improve flexibility.

General Notes

Exercise Consistency

Perform these exercises 2 to 3 times per week, allowing at least one day of rest between sessions for muscle recovery.

Hydration

Stay hydrated before, during, and after your workout to maintain optimal performance and recovery.

Progression

As you grow stronger, increase the number of repetitions, sets, or hold times for each exercise to continue challenging your muscles.

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