

Free Beginner Full-Body Workout Program

Before beginning each workout, start with 15-30 minutes of cardio warmup + stretching. For maximum results perform each workout with intensity & pair it with one of the meal plans provided in the app. Workouts can be done at home or in the gym with or without weights, do what feels best for you!

DAY 7 IS ALWAYS A REST DAY! IT IS IMPORTANT FOR YOUR BODY TO RECOVER!

Week 1

Day 1 | Three rounds, one minute rest after each round.

Push-up	25
Dips	30
Plank	1 Minute
Squats	25
Clams (with resistance band)	20 / Side
V-ups	20

Day 2 | Cardio
Treadmill, Bike, Elliptical

Cardio	5 Minutes
Active Rest (Slower Pace)	1 Minute
Cardio	5 Minutes
Active Rest (Slower Pace)	1 Minute
Cardio	5 Minutes
Active Rest (Slower Pace)	1 Minute

Day 3 | Three rounds, one minute rest after each round.

Squats	25
Glute Bridges	15
Crunches	25
Reverse Lunges	12 / Side
Wall Sit	1 Minute
Side Crunches	15 / Side

Day 4 | Cardio
Treadmill, Bike, Elliptical

Cardio	5 Minutes
Active Rest (Slower Pace)	1 Minute
Cardio	5 Minutes
Active Rest (Slower Pace)	1 Minute
Cardio	5 Minutes
Active Rest (Slower Pace)	1 Minute

Day 5 | Three rounds, one minute rest after each round.

Commando (Plank to push-up)	1 Minute
Russian Twists	25
Shoulder Taps	1 Minute
Side Lunges	12 / Side
Donkey Kickbacks	15 / Side
Squat Pulses	1 Minute

Day 6 | Cardio
Treadmill, Bike, Elliptical

30 Minutes Steady State Cardio

Day 7 | REST

REST

Week 2

Day 1 | Three rounds, one minute rest after each round.

Push-up	25
Dips	40
Plank	90 Seconds
Squats	30
Clams (with resistance band)	25 / Side
V-ups	25

Day 2 | Cardio Treadmill, Bike, Elliptical

Cardio	6 Minutes
Active Rest (Slower Pace)	1 Minute
Cardio	6 Minutes
Active Rest (Slower Pace)	1 Minute
Cardio	6 Minutes
Active Rest (Slower Pace)	1 Minute

Day 3 | Three rounds, one minute rest after each round.

Squats	30
Glute Bridges	20
Crunches	30
Reverse Lunges	12 / Side
Wall Sit	1 Minute
Side Crunches	15 / Side

Day 4 | Cardio Treadmill, Bike, Elliptical

Cardio	6 Minutes
Active Rest (Slower Pace)	1 Minute
Cardio	6 Minutes
Active Rest (Slower Pace)	1 Minute
Cardio	6 Minutes
Active Rest (Slower Pace)	1 Minute

Day 5 | Three rounds, one minute rest after each round.

Commando (Plank to push-up)	90 Seconds
Russian Twists	30
Shoulder Taps	90 Seconds
Side Lunges	12 / Side
Donkey Kickbacks	15 / Side
Squat Pulses	90 Seconds

Day 6 | Cardio Treadmill, Bike, Elliptical

30 Minutes Steady State Cardio

Day 7 | REST

REST

Week 3

Day 1 | Three rounds, one minute rest after each round.

Squat Jumps	15
Goblet Squat	25
Plank	90 Seconds
Step-Up	12 / Side
Knee-Up Jumps	10 / Side
Ab Bike	30

Day 2 | Cardio Treadmill, Bike, Elliptical

Cardio	10 Minutes
Active Rest (Slower Pace)	1 Minute
Cardio	6 Minutes
Active Rest (Slower Pace)	1 Minute
Cardio	10 Minutes
Active Rest (Slower Pace)	1 Minute

Day 3 | Three rounds, one minute rest after each round. AB BLASTER!

Shoulder Taps	90 Seconds
Russian Twists	40
Leg Lifts	25
Commando (Plank to Push-Up)	90 Seconds
V-Hold	1 Minute
Side Crunches	15 / Side

Day 4 | Cardio Treadmill, Bike, Elliptical

Cardio	8 Minutes
Active Rest (Slower Pace)	1 Minute
Cardio	8 Minutes
Active Rest (Slower Pace)	1 Minute
Cardio	8 Minutes
Active Rest (Slower Pace)	1 Minute

Day 5 | Three rounds, one minute rest after each round.

Squats	30
Clams (with resistance band)	25 / Side
Lunge Jumps	90 Seconds
Side Lunges	12 / Side
Wall Sit	2 Minutes
Squat Pulses	90 Seconds

Day 6 | Cardio Treadmill, Bike, Elliptical

30 Minutes Steady State Cardio

Day 7 | REST

REST

Week 4

Day 1 | Three rounds, one minute rest after each round.

Sumo Squats	25
Bridge Pulses	45 Seconds
Plank	90 Seconds
Step-Up	12 / Side
Knee-Up Jumps	10 / Side
Ab Bike	30

Day 2 | Cardio Treadmill, Bike, Elliptical

Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds

Day 3 | Three rounds, one minute rest after each round. AB BLASTER PHASE 2!

Shoulder Taps	2 Minutes
Russian Twists	40
Leg Lifts	25
Commando (Plank to Push-Up)	2 Minutes
V-Hold	1 Minute
Side Crunches	15 / Side

Day 4 | Cardio Treadmill, Bike, Elliptical

Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds

Day 5 | Three rounds, one minute rest after each round.

Lunge Pulse	30 Seconds / Side
Clams (with resistance band)	25 / Side
Reverse Lunge	15 / Side
Side Lunges	12 / Side
Wall Sit	2 Minutes
Heel Taps	30

Day 6 | Cardio Treadmill, Bike, Elliptical

30 Minutes Steady State Cardio

Day 7 | REST

REST

Week 5

Day 1 | Three rounds, one minute rest after each round.

Jump Squats	20
Push-Ups	25
Burpees	12
Dips	40
Crunches	30
Ab Bike	30

Day 2 | Cardio Treadmill, Bike, Elliptical

Cardio	10 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	6 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	10 Minutes
Active Rest (Slower Pace)	30 Seconds

Day 3 | Three rounds, one minute rest after each round.

Squat Pulses	2 Minutes
Fire Hydrant	12 / Side
Leg Lifts	25
Reverse Lunges	15 / Side
Wall Sit	1 Minute
Side Crunches	15 / Side

Day 4 | Cardio Treadmill, Bike, Elliptical

Cardio	10 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	6 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	10 Minutes
Active Rest (Slower Pace)	30 Seconds

Day 5 | Three rounds, one minute rest after each round.

Goblet Squats	25
Clams (with resistance band)	25 / Side
Side Plank	1 Minute / Side
Knee-Up Jumps	12 / Side
Wall Sit	2 Minutes
Single-Leg Calf Raise	30 / Side

Day 6 | Cardio Treadmill, Bike, Elliptical

30 Minutes Steady State Cardio

Day 7 | REST

REST

Week 6

Day 1 |

Three rounds, one minute rest after each round. **Ab Blaster Phase 3!**

Plank	2 Minutes
Crunches	30
Shoulder Taps	25
Russian Twists	40 / Side
Leg Lifts	25
Ab Bike	30

Day 2 |

Cardio
Treadmill, Bike, Elliptical

Cardio	10 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	6 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	10 Minutes
Active Rest (Slower Pace)	30 Seconds

Day 3 |

Three rounds, one minute rest after each round.

Push-Up	25
Dips	30
Plank	90 Seconds
Squats	25
Clams (with resistance band)	20 / Side
V-ups	20

Day 4 |

Cardio
Treadmill, Bike, Elliptical

Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds

Day 5 |

Three rounds, one minute rest after each round.

Commando (Plank to Push-Up)	90 Seconds
Side Lunges	12 / Side
Squat Pulses	1 Minute
Donkey Kickbacks	16 / Side
Fire Hydrants	20 / Side
Switch Jumps	1 Minute

Day 6 |

Cardio
Treadmill, Bike, Elliptical

30 Minutes Steady State Cardio

Day 7 |

REST

REST

Week 7

Day 1 | Three rounds, one minute rest after each round.

Dips	40
Burpees	20
Push-Ups	25
Jump Squats	20
Leg Lifts	25
Crunches	30

Day 2 | Cardio Treadmill, Bike, Elliptical

Cardio	10 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	6 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	10 Minutes
Active Rest (Slower Pace)	30 Seconds

Day 3 | Three rounds, one minute rest after each round.

Squat Pulses	2 Minutes
Fire Hydrant	20 / Side
Leg Lifts	25
Reverse Lunges	15 / Side
Wall Sit	1 Minute
Side Crunches	12 / Side

Day 4 | Cardio Treadmill, Bike, Elliptical

Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds

Day 5 | Three rounds, one minute rest after each round.

Goblet Squat	25
Clams (with resistance band)	25 / Side
Side Plank	1 Minute / Side
Knee-Up Jumps	12 / Side
Wall Sit	90 Seconds
Single-Leg Calf Raise	30 / Side

Day 6 | Cardio Treadmill, Bike, Elliptical

30 Minutes Steady State Cardio

Day 7 | REST

REST

Week 8

Day 1 | Three rounds, one minute rest after each round. **Ab Blaster Final Round!**

Plank	2 Minutes
Crunches	30
Shoulder Taps	25
Russian Twists	40 / Side
Leg Lifts	25
Ab Bike	30

Day 2 | **Cardio** Treadmill, Bike, Elliptical

Cardio	10 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	6 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	10 Minutes
Active Rest (Slower Pace)	30 Seconds

Day 3 | Three rounds, one minute rest after each round.

Push-Up	25
Dips	30
Plank	90 Seconds
Squats	25
Clams (with resistance band)	20 / Side
V-Ups	20

Day 4 | **Cardio** Treadmill, Bike, Elliptical

Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds
Cardio	8 Minutes
Active Rest (Slower Pace)	30 Seconds

Day 5 | Three rounds, one minute rest after each round.

Goblet Squat	25
Donkey Kickbacks	16 / Side
Side Plank	1 Minute / Side
Knee-Up Jumps	12 / Side
Fire Hydrants	20 / Side
Single-Leg Calf Raise	30 / Side

Day 6 | **Cardio** Treadmill, Bike, Elliptical

30 Minutes Steady State Cardio

Day 7 | **REST**

REST