

A BEGINNER-FRIENDLY AT-HOME GUIDE

Your 7-Day Workout Plan

Simple Workouts. Stronger Habits.

Move at your own pace.

Build a realistic routine with simple, mostly equipment-free workouts you can do at home.

Made for: Beginners and adults looking to build consistency, strength, and everyday fitness.

What you'll need: Comfortable clothes, a sturdy chair or wall, water, and a little space to move.

DSKULBOI FITNESS

A simple plan to help you get moving—one day at a time.

Before You Begin

This plan is designed to help you start gently and build a habit—not to push you to exhaustion. You can repeat the week, adjust the exercises, or take extra recovery time when needed.

How each workout works

PART	TIME	WHAT TO DO
Warm-up	5 minutes	March in place, shoulder rolls, gentle side steps, and easy hip hinges.
Main session	15–20 minutes	Follow the day's exercises. Move slowly enough to maintain good form.
Cool-down	5 minutes	Walk slowly, breathe calmly, and gently stretch the muscles you used.

Choose the right level for you

- **New to exercise?** Start with one set or shorter work periods. Build up gradually.
- **Need a lower-impact option?** Keep one foot on the floor during marching and step side to side instead of jumping.
- **Need more challenge?** First improve control and consistency. Then add a few repetitions or another set—not speed at the expense of form.

Safety first

- Use a clear, non-slip space. If using a chair for support, place it against a wall.
- Breathe continuously; avoid holding your breath. Stop if you feel sharp pain, dizziness, chest pain, or unusual shortness of breath. Seek medical advice before continuing if symptoms occur.
- If you have a health condition, an injury, balance concerns, or have been advised to limit activity, check with a qualified healthcare professional before starting.

Remember: A lighter day is still progress. You do not need to complete every repetition perfectly to build a lasting habit.

Your Week at a Glance

Use this overview to know what to expect each day. Most active sessions take about 25–30 minutes, including warm-up and cool-down. Recovery days are intentionally lighter.

DAY	FOCUS	PLAN
1	Full-body strength	Simple strength moves for your whole body.
2	Cardio and movement	Low-impact walking or marching intervals.
3	Lower body and core	Leg, hip, and core exercises.
4	Active recovery	Gentle mobility and an easy walk if comfortable.
5	Upper body and posture	Wall push-ups, shoulder work, and back-friendly movement.
6	Easy full-body circuit	Repeat simple movements at a comfortable pace.
7	Rest and reset	Rest, or choose gentle movement if it feels good.

A few simple rules

- Rest for 30–60 seconds between exercises, or longer if you need it.
- For timed exercises, work at a pace that lets you speak in short sentences.
- If you miss a day, continue with the next day when you can. You do not need to double up.
- Keep water nearby and choose comfortable shoes or exercise barefoot only on a safe, suitable surface.

Day 1: Full-Body Strength

Focus: Practise basic movements and build confidence.

Warm up for 5 minutes: march in place, step side to side, roll your shoulders, and do a few gentle hip hinges.

EXERCISE	AMOUNT	HOW TO DO IT
Chair squats	8–10 reps	Sit your hips back toward a sturdy chair, then stand. Use your hands for support if needed.
Wall push-ups	8–10 reps	Place hands on a wall at chest height. Bend your elbows to bring your chest closer, then press away.
Glute bridges	8–12 reps	Lie on your back with knees bent. Gently lift your hips, pause, and lower with control.
Bird dogs	6 each side	On hands and knees, reach one arm forward and the opposite leg back. Keep your back steady.
March in place	60 seconds	March comfortably, using a wall or chair for balance if needed.

How to complete: Start with one round. If you feel comfortable, rest and repeat for a second round. Finish with 5 minutes of easy walking and gentle stretching.

Make it easier: Use a higher chair, do fewer repetitions, or shorten the range of movement.

Day 2: Cardio and Movement

Focus: Raise your breathing gently and practise moving regularly.

Warm up for 5 minutes with slow marching and easy side steps.

MOVEMENT	TIME	HOW TO DO IT
Brisk march or walk	2 minutes	Move at a pace that feels purposeful but controlled.
Side steps	1 minute	Step right and left without jumping. Keep your knees soft.
Step-back taps	1 minute	Step one foot gently behind you, tap the floor, and switch sides.
Easy march	1 minute	Slow down and recover while continuing to move.

Repeat the 5-minute sequence 3 times, adjusting the pace as needed. Then cool down for 5 minutes with slow walking and relaxed breathing. This gives you about 25 minutes including the warm-up and cool-down; add another easy 5-minute walk if you feel good.

Make it easier: Keep the steps small and use a wall or sturdy chair for balance. You can also do shorter intervals with more recovery.

Day 3: Lower Body and Core

Focus: Strengthen your legs, hips, and midsection with controlled movements.

Warm up for 5 minutes: march gently, step side to side, and practise a few shallow chair squats.

EXERCISE	AMOUNT	HOW TO DO IT
Chair squats	8–10 reps	Lower toward a sturdy chair, then stand. Keep the movement comfortable.
Standing hip hinges	8–10 reps	With knees slightly bent, push your hips back and lean forward a little with a long back. Stand tall.
Glute bridges	8–12 reps	Lift your hips gently from the floor, pause, and lower slowly.
Dead bugs	5–6 each side	Lie on your back with arms up and knees bent. Slowly lower one heel toward the floor, then return and switch.
Calf raises	10–12 reps	Hold a chair or wall and rise onto your toes. Lower slowly.

How to complete: Do one round, resting when needed. If your form remains comfortable, complete a second round. Cool down for 5 minutes.

Make it easier: Reduce the repetitions, use a smaller range of motion, or skip any exercise that causes discomfort.

Day 4: Active Recovery

Focus: Give your body a lighter day while keeping gentle movement in your routine.

Today is not a strength workout. Aim for 10–20 minutes of easy movement, and stop while you still feel comfortable.

MOVEMENT	TIME / AMOUNT	HOW TO DO IT
Easy walk or march	5–10 minutes	Keep the pace relaxed. You should be able to talk comfortably.
Shoulder rolls	8 each way	Roll your shoulders gently forward and backward.
Gentle chest opener	15–20 seconds	Stand tall, bring your arms slightly back, and open your chest without forcing the stretch.
Standing calf stretch	15–20 seconds each side	Hold a wall, step one foot back, and gently press the back heel toward the floor.
Gentle back movement	5–8 reps	With hands on thighs, gently round and straighten your upper back within a comfortable range.

You can take a full rest day instead if you feel unusually tired or sore. Recovery is part of a balanced routine, not a failure to exercise.

Day 5: Upper Body and Posture

Focus: Practise pushing, shoulder movement, and steady posture.

Warm up for 5 minutes with easy marching, shoulder rolls, and gentle arm circles.

EXERCISE	AMOUNT	HOW TO DO IT
Wall push-ups	8–10 reps	Keep your body in a straight line as you bend your elbows and press away from the wall.
Wall angels	6–8 reps	Stand with your back near a wall. Slide your arms up and down only as far as comfortable.
Standing arm raises	8–10 reps	Raise your arms forward or out to the sides to a comfortable height, then lower slowly. No weights needed.
Bird dogs	6 each side	From hands and knees, extend opposite arm and leg while keeping your torso steady.
Standing march	60 seconds	March comfortably, standing tall and using support if needed.

How to complete: Do one round and repeat if you feel ready. Rest between exercises and finish with a 5-minute cool-down.

Make it easier: Stand closer to the wall for push-ups, lower your arms less, or do fewer repetitions.

Day 6: Easy Full-Body Circuit

Focus: Bring the week's movements together without rushing.

Warm up for 5 minutes. Complete the following circuit at an easy-to-moderate pace, resting between exercises as needed.

EXERCISE	AMOUNT	REMINDER
Chair squats	8 reps	Move slowly and use the chair for guidance.
Wall push-ups	8 reps	Keep your body steady and breathe out as you push away.
Side steps	45 seconds	No jumping needed.
Glute bridges	8–10 reps	Lift only as high as comfortable.
Standing march	60 seconds	Choose a pace you can sustain.
Bird dogs	5 each side	Keep your back steady and move with control.

Complete one round, then rest for 1–2 minutes. If you feel good and your technique stays controlled, do a second round. Cool down for 5 minutes. If you are tired, one round is enough.

Day 7: Rest and Reset

Focus: Recover, reflect, and prepare for the next week.

Take a rest day. If gentle movement feels good, choose an easy walk or a few minutes of comfortable stretching. There is no required workout today.

Your weekly check-in

Use this quick check-in to notice what worked for you. Progress includes showing up, learning the movements, and knowing when to rest.

- I completed at least one workout or movement session.
- I found one exercise that felt easier with practice.
- I adjusted an exercise when I needed to.
- I gave myself enough time to recover.
- I have a realistic plan for the coming week.

My notes for next week

The movement I enjoyed most:	
One thing I want to improve:	
A day/time I can work out next week:	

Keep Building the Habit

You do not need a perfect week. Start with the level that suits you, repeat the plan when you are ready, and increase your activity gradually. Consistency grows through small steps you can maintain.

More practical fitness guidance

Visit [Dskulboi Fitness](#) for beginner-friendly workouts, exercise tips, and ways to build a healthier routine.

This guide provides general fitness information and is not a substitute for individual medical advice.