

# Early-Intermediate At-Home Workout (30–35 minutes)

---

## 1. Warm-Up (5–6 minutes)

- Jumping jacks or march + arm swings – 1 min
  - Arm circles + shoulder rolls – 30 sec
  - Hip openers – 30 sec
  - World's greatest stretch (alternating sides) – 1 min
  - Bodyweight squats (controlled) – 1 min
  - High knees (moderate pace) – 1 min
- 

## 2. Strength & Conditioning Circuit (20–22 minutes)

**Complete 3 rounds**

Rest **45–60 seconds** between rounds

---

### 1. Squats → Pulse Squats – 12 reps + 5 pulses

- Drop into squat
- Pulse at the bottom for 5 counts
- Stand up

**Focus:** legs + glutes

---

## **2. Push-Ups (Incline or Floor) – 8–12 reps**

- Core tight
- Elbows ~45° from body

**Option:** knee push-ups if needed

---

## **3. Reverse Lunges – 10 reps per leg**

- Step back instead of forward (easier on knees)
  - Keep torso upright
- 

## **4. Glute Bridge March – 10 reps total**

- Hold hips up
  - Alternate lifting one foot at a time
- 

## **5. Plank Shoulder Taps – 20 taps total**

- From plank position
  - Tap opposite shoulder
  - Minimize hip movement
-

## **6. Cardio Finisher: Mountain Climbers – 30 seconds**

- Controlled pace
  - Knees toward chest
  - Core engaged
- 

## **3. Core Finisher (5 minutes)**

Complete **2 rounds**

- Dead Bug – 10 reps per side
- Russian Twists (feet down) – 20 total
- Forearm Plank – 30–40 seconds

Rest 30 seconds between moves

---

## **4. Cool-Down & Stretch (5 minutes)**

- Hip flexor stretch
- Hamstrings
- Chest & shoulders
- Child's pose
- Deep breathing (slow + controlled)