

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)