

# Beginner Home Exercise Plan

*A 4-week progressive program you can do at home with no equipment. Designed to preserve muscle, boost metabolism, and complement GLP-1 weight loss.*

## Program Overview

**Frequency:** 4 days per week (Mon / Wed / Fri / Sat recommended)

**Duration:** 25–35 minutes per session

**Equipment:** None required. A yoga mat is optional.

**Intensity:** Moderate. You should be able to speak in short sentences during work intervals.

### Week 1: Foundation

#### Day A — Full Body

Bodyweight squats: 2 x 12 | Push-ups (knee or wall): 2 x 10 | Glute bridges: 2 x 15 | Plank: 2 x 30 sec | Walking lunges: 2 x 10 per leg

#### Day B — Cardio & Core

Marching in place: 3 min | Jumping jacks: 3 x 30 sec | Dead bug: 2 x 10 | Side plank: 2 x 20 sec per side | Step-ups (use a stair): 2 x 10 per leg

### Week 2: Build

#### Day A — Full Body

Bodyweight squats: 3 x 12 | Push-ups: 3 x 10 | Glute bridges: 3 x 15 | Plank: 3 x 35 sec | Reverse lunges: 3 x 10 per leg

#### Day B — Cardio & Core

High knees: 3 x 30 sec | Mountain climbers: 3 x 20 | Bicycle crunches: 3 x 16 | Plank with shoulder tap: 3 x 10 | Calf raises: 3 x 15

### Week 3: Progress

#### Day A — Strength

Squat holds: 3 x 30 sec | Push-up to down dog: 3 x 8 | Single-leg glute bridges: 3 x 10 per side | Superman holds: 3 x 20 sec | Wall sit: 3 x 30 sec

#### Day B — Intervals

Warm-up walk: 3 min | Fast march / light jog: 30 sec | Recovery walk: 60 sec | Repeat 8 times | Cool-down walk: 3 min

## Week 4: Challenge

### Day A — Strength

Tempo squats (3 sec down, 1 sec up): 3 x 12 | Decline push-ups (feet on stair): 3 x 8 | Bulgarian split squats: 3 x 8 per leg | Plank to bear crawl: 3 x 8 | Single-leg Romanian deadlift: 3 x 10 per leg

### Day B — HIIT Finisher

Burpees (step-back version): 3 x 8 | Skaters: 3 x 20 | Plank jacks: 3 x 16 | Glute bridge march: 3 x 12 | Rest 60 sec between rounds

## Important Reminders

**Warm up every session.** Spend 3–5 minutes doing light marching, arm circles, and hip circles before starting.

**Progressive overload matters.** Each week, aim to do one more rep, one longer hold, or one extra round. That is what drives change.

**Rest is part of the program.** Take Tuesday, Thursday, and Sunday completely off. Sleep 7–9 hours. Your body changes during recovery, not during the workout.

**Pair with protein.** Aim for 20–30g of protein within 1–2 hours post-workout to protect lean mass while losing fat.

**Listen to your body.** GLP-1 medications can cause fatigue early on. If you feel nauseated or overly tired, reduce intensity and focus on walking and gentle mobility until you adapt.

*This exercise plan was prepared by the Rejuviya Clinical Team for educational purposes. Consult your physician before beginning any new exercise program.*