

Exercise plan. Exercise to do at home! For Beginners.

Warm up! Start up!

The warm in this video of [Fitness Blender](#) is great. 5 minutes of warm up before the main exercise plan is totally ok!

Main exercise Plan!

Repeat the below exercises 3-5 times depending on your fitness level. Once you do the 5 times kinda easily ask me for a more difficult one.!

If you are a beginner, it will be more than enough 20 minutes of workout. The full 20 minutes plan i recommend is:

And don't forget to rest in-between!!!

10 lunges. (5 each leg)



Rest for 30 secs.

10 push-ups (a beginner may struggle on this, do as many as possible to reach 10)



Rest 30 secs.

10 squats (there is a proper way to do them)



Straight back. The knee shouldn't pass the toe line. And the knee in vertical angle.

Rest 30 secs.

Plank



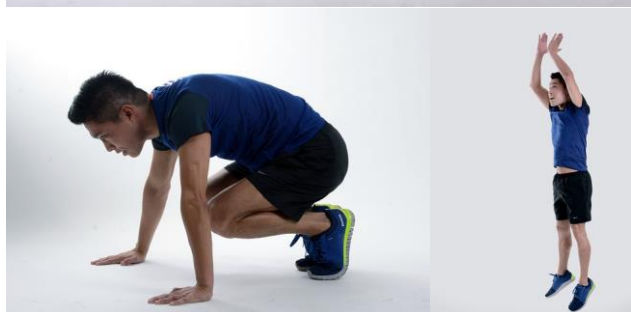
Straight forward exercise. Stay in the given position for 30-60 secs. At the beginning aim for 30 secs without breaking the position. And add 5secs till 60,when you make it twice on the same time. So it like in the image below.

Rest 30 secs.

Last and most difficult:

Burpees:

A bit of cardio exercise. Very hard one, especially for a beginner. 5 full reps are totally fine. Add 1 rep, when 5 reps done twice clearly. Add till 10 reps



How to burpee.: stay in push-up position before starting one. Jump with your feet forward your arms and then release the hands from the ground and jump in the air straight up. Return to the starting position the same way, jumping. As seen in the images bellow.

Tip: if you can't do even 3 in a row. Switch to no jump in the end.

Rest 30 secs.

Cool Down. Last but not least. Don't skip cool down. 5 minutes are enough.

Once again Fitness Blender has a [video](#) with a great cool down routine.

How many days per week.

I would recommend to go for 3-4 days max in a week, depending on your weekly plan. Although most of the exercises are not weight lifting related exercises, except body weight, an every day routine wouldn't be recommended.

IMPORTANT INFORMATION TO KEEP!!

Habitual information.

Do Not skip a day of programmed exercise/workout, unless you are sick or busy doing something more important than your health.

There is a trap in "it is only one day i will skip, what gonna happen"! Your habit gonna happen. It is better to exercise for 10-15 minutes instead of 30 minutes than not at all!! That way we build the habit of exercise! Keep going!

VagZag Workout Plan!