



Days committed:

Name:

Date:

The mission:

Start weight :

(take a picture for yourself later)

Starting bench:

Starting squat/deadlift:

Starting Pullup count:

Starting curl weight:

Fitness Program for Women (Beginner)

1. Warm-Up (5-10 minutes)

- **Objective:** Energize the body, increase circulation, and prepare mentally.
- **Activities:**
 - **Jump Rope or High Knees Variation:** Start with low-impact high knees for those not comfortable with jumping.
 - **Dynamic Stretching Routine:** Add neck stretches, shoulder rolls, and gentle twists to engage the entire body.

2. Strength Training (30-40 minutes)

- **Objective:** Build foundational strength, promote muscle toning, and enhance flexibility.

- **Routine:**

- **Day 1: Full Body Circuit**

- **Modified Dumbbell Squats:** Use a chair for squat depth guidance.

Focus on controlled movements.

- **Seated Overhead Press:** To ensure back support and form,

especially for beginners.

- **Bench Tricep Dips:** Adjust the difficulty by extending or bending

legs.

- **Day 2: Core & Flexibility**

- **Beginner Yoga Flow:** Include foundational poses with an emphasis

on breathing techniques.

- **Introductory Pilates:** Focus on basic moves that enhance core

strength and stability.

- **Day 3: Lower Body & Glutes**

- **Elevated Glute Bridges:** Use a step or platform to increase range of motion.
- **Assisted Step-Ups:** Use a railing or wall for balance support.
- **Seated Calf Raises:** Start seated for those with balance concerns, progressing to standing.

3. Cardiovascular Training (20-30 minutes)

- **Objective:** Improve cardiovascular fitness, enhance mood, and promote weight management.
- **Options:**
 - **Elliptical Interval Training:** Alternate between moderate and vigorous effort.

- **Dance Cardio Session:** Incorporate simple choreography for a fun and engaging workout.
- **Nature Walks:** Encourage outdoor walks in nature to boost mental well-being.

4. Cool Down (5-10 minutes)

- **Objective:** Facilitate recovery, enhance flexibility, and calm the mind.
- **Activities:**
 - **Restorative Yoga Poses:** Focus on poses that relax and stretch the body.
 - **Full Body Stretch Routine:** Include specific stretches for areas worked during the session.

Special Features for Enhanced Experience:

- **Weekly Wellness Tips:** Share weekly advice on topics like nutrition, sleep, and stress management.
- **Interactive Challenges:** Include small, achievable challenges to keep participants engaged and motivated.
- **Personalized Modifications:** Offer variations for each exercise to accommodate different fitness levels.
- **Progress Journal:** Encourage maintaining a journal to track exercise, mood, and overall well-being.

Safety and Empowerment:

- **Instructional Videos:** Provide short videos demonstrating correct form and modifications.
- **Regular Check-ins:** Offer virtual check-ins or Q&A sessions to address concerns and provide support.

- **Mindful Movement:** Emphasize the importance of moving with awareness and respect for one's body.



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- **Days completed:**
- **The result:**
- **End weight :**
- **(look at the photo you took and see your ROI)**
- **End bench:**
- **End squat/deadlift:**

- **End Pullup count:**

- **End curl weight:**