

FAMILY · MORALE · WELFARE · RECREATION

4 Week Beginner Exercise Program

Goals: Strength, Mobility, Cardiovascular Foundation

Week 1

Monday - Mobility (20 Sec Each)

Foam Roll Hamstring,Calf,Glute
Standing Calf Stretch on Wall
Seated Hamstring stretch (hurdle)
Lying Knee to Chest Pull
Cobra Pose
Childs Pose
Overhead Tricep Stretch

Wednesday - Strength Sets x Reps

Plank	15 sec
Side Plank	15 sec
Glute Bridge	2 x 8
Step Ups	2 x 5 each
Bodyweight Squat	2 x 8
Resistance Band Row	2 x 8

Friday - Cardio

3-5 min cardio of choice WU

3 Rounds of 30 sec. each:

Row machine or Cycle
No Jump Burpees
Standing Marches

15-45 min cardio of choice:

Walking, Jogging, Biking,
Rowing, Stairclimber, etc.

Week 2

Monday - Mobility (20 Sec Each)

Foam Roll Hamstring,Calf,Glute
Standing Calf Stretch on Wall
Seated Hamstring stretch (hurdle)
Lying Knee to Chest Pull
Cobra Pose
Childs Pose
Overhead Tricep Stretch

Wednesday - Strength Sets x Reps

Plank	20 sec
Side Plank	15 sec
Glute Bridge	2 x 10
Step Ups	2 x 8 each
Bodyweight Squat	2 x 10
Resistance Band Row	2 x 10

Friday - Cardio

3-5 min cardio of choice WU

3 Rounds of 35 sec. each:

Row machine or Cycle
No Jump Burpees
Standing Marches

15-45 min cardio of choice:

Walking, Jogging, Biking,
Rowing, Stairclimber, etc.

Week 3

Monday - Mobility (20 Sec Each)

Foam Roll Hamstring,Calf,Glute
Standing Calf Stretch on Wall
Seated Hamstring stretch (hurdle)
Lying Knee to Chest Pull
Cobra Pose
Childs Pose
Overhead Tricep Stretch

Wednesday - Strength Sets x Reps

Plank	25 sec
Side Plank	20 sec
Glute Bridge	3 x 8
Step Ups	3 x 5 each
Bodyweight Squat	3 x 8
Resistance Band Row	3 x 8

Friday - Cardio

3-5 min cardio of choice WU

3 Rounds of 40 sec. each:

Row machine or Cycle
No Jump Burpees
Standing Marches

15-45 min cardio of choice:

Walking, Jogging, Biking,
Rowing, Stairclimber, etc.

Week 4

Monday - Mobility (20 Sec Each)

Foam Roll Hamstring,Calf,Glute
Standing Calf Stretch on Wall
Seated Hamstring stretch (hurdle)
Lying Knee to Chest Pull
Cobra Pose
Childs Pose
Overhead Tricep Stretch

Wednesday - Strength Sets x Reps

Plank	30 sec
Side Plank	20 sec
Glute Bridge	3 x 10
Step Ups	3 x 8 each
Bodyweight Squat	3 x 10
Resistance Band Row	3 x 10

Friday - Cardio

3-5 min cardio of choice WU

3 Rounds of 45 sec. each:

Row machine or Cycle
No Jump Burpees
Standing Marches

15-45 min cardio of choice:

Walking, Jogging, Biking,
Rowing, Stairclimber, etc.