Beginner Bodyweight Workout

A first strength workout for the whole body with nothing but the floor, a chair and a table: learn the basic moves and finish wanting more.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Full body	Beginner	30 min	None

WARM UP

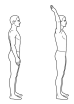
Once through, at an easy pace

Marching In Place



60 s

Arm Circles



30 s

Bodyweight Squat



8 reps

Inchworm

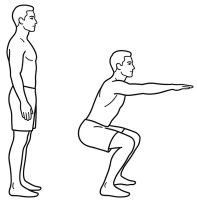


4 reps

MAIN

All sets of a move, then the next

1 Bodyweight Squat

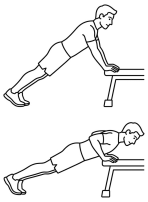


3 × 8-12

rest 60 s

Sit back as if to a chair, chest up, then stand tall

2 Incline Push-Up

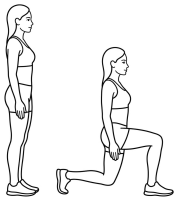


3 × 6-10

rest 60 s

Hands on a sturdy table or kitchen counter

3 Reverse Lunge

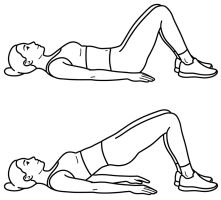


2 × 8

each side · rest 60 s

Hold a chair back for balance if you need it

4 Glute Bridge

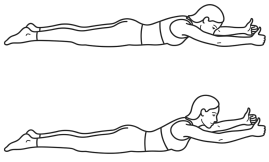


3 × 12

rest 45 s

Pause a second at the top

5 Prone Y Raise

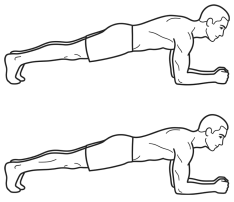


2 × 10

rest 45 s

Small lift, thumbs up, long neck

6 Forearm Plank



3 × 20 s

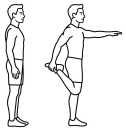
rest 40 s

Knees down is fine; one line from knees to head

COOL DOWN

Once through, at an easy pace

Standing Quad Stretch



30 s
each side

Standing Hamstring Stretch



30 s
each side

Child's Pose



60 s