



BEGINNER'S

Workout

WEEKLY PLANNER



BEGINNER'S WORKOUT WEEKLY PLANNER

Week _____

MONDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



TUESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



WEDNESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



BEGINNER'S WORKOUT WEEKLY PLANNER

Week _____

THURSDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



SATURDAY _____

COMPLETED: YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

SUNDAY REST

You made it to first week! Good job.



A beginner's guide
for women in their 40s

SAMPLE 7-DAY
Workout
Plan



SAMPLE 7-DAY WORKOUT PLAN

Monday

Cardio and Core

Warm-up:

- 5-10 minutes of brisk walking or light jogging

Workout:

Cardio:

- 20 minutes of moderate-intensity cardio (brisk walking, cycling, or dancing)

Core:

- 3 sets of 15-20 crunches
- 3 sets of 15-20 bicycle crunches
- 3 sets of 15-20 leg raises
- 1-minute plank

Cool-down:

- 5-10 minutes of gentle stretching focusing on the core and legs

Tuesday

Strength Training (Upper Body)

Warm-up:

- 5-10 minutes of light cardio (jumping jacks, arm circles)

Workout:

- 3 sets of 12-15 push-ups (modify on knees if needed)
- 3 sets of 12-15 dumbbell shoulder presses
- 3 sets of 12-15 bicep curls
- 3 sets of 12-15 tricep dips
- 3 sets of 12-15 bent-over rows with dumbbells

Cool-down:

- 5-10 minutes of gentle stretching focusing on the upper body

Wednesday

Yoga and Flexibility

Warm-up:

- 5-10 minutes of deep breathing and stretching

Workout:

- 20-30 minutes of yoga poses focusing on flexibility and balance (Downward Dog, Warrior II, Tree Pose, Child's Pose, Cat-Cow Stretch)

Cool-down:

- 5-10 minutes of deep breathing and gentle stretching

Thursday

Cardio and Lower Body

Warm-up:

- 5-10 minutes of brisk walking or light jogging

Workout:

Cardio:

- 20 minutes of moderate-intensity cardio (elliptical, swimming, or hiking)

Lower body:

- 3 sets of 12-15 squats
- 3 sets of 12-15 lunges (each leg)
- 3 sets of 12-15 glute bridges
- 3 sets of 12-15 calf raises

Cool-down:

- 5-10 minutes of gentle stretching focusing on the lower body

SAMPLE 7-DAY WORKOUT PLAN

Friday

Pilates and Core

Warm-up:

- 5-10 minutes of light cardio

Workout:

- 20-30 minutes of Pilates exercises focusing on core strength (Hundred, Roll-Up, Single Leg Stretch, Double Leg Stretch, Teaser)

Cool-down:

- 5-10 minutes of gentle stretching focusing on the core

Saturday

Strength Training (Full Body)

Warm-up:

- 5-10 minutes of light cardio (jumping jacks, dynamic stretches)

Workout:

- 3 sets of 12-15 squats with dumbbells
- 3 sets of 12-15 dumbbell chest presses
- 3 sets of 12-15 deadlifts
- 3 sets of 12-15 lateral raises
- 3 sets of 12-15 Russian twists (each side)

Cool-down:

- 5-10 minutes of gentle stretching focusing on the full body

sunday

Rest Day & Recovery

- Gentle stretching for 10-15 minutes
- Optional: Light activities like a leisurely walk or gentle yoga
- Focus on hydration and nutrition to support recovery

Tips for Success:

Listen to Your Body: Adjust the intensity and duration of workouts as needed.

Stay Hydrated: Drink plenty of water before, during, and after workouts.

Balanced Diet: Fuel your body with a balanced diet rich in proteins, healthy fats, and carbohydrates.

Rest Well: Ensure you get adequate sleep to support recovery and overall well-being.

Stay Consistent: Consistency is key to seeing and maintaining results.