



## Beginner

Start every workout with 5 minutes of warm-up exercises (e.g. dynamic stretching, jogging on the spot, jumping jacks, burpees, skipping), and end with 10 minutes of cool-down stretches.

### Day 1

- 10x wall squats
- 10x push-ups (knees on floor if needed)
- 10x alternating reverse lunges (5 each leg)
- 10x standing crunches
- 20-sec plank

### Day 2

- 10x lateral shuffle squats (shuffle slowly)
- 10x glute bridges (bring feet closer to body)
- 10x triceps dips (use a stable chair, bring legs closer to body)
- 10-sec Superman holds (arms can be brought in slightly next to ears)
- 10x mountain climbers

### Day 3

- 10x alternating reverse lunges (5 each leg)
- 10x wall squats
- 10x calf raises (10 each leg)
- 10x bicycle crunches
- 20-sec plank

### Day 4

- 10x burpees
- 10x push-ups (knees on floor if needed)
- 30-sec isometric squat holds (45 degree squat against the wall)
- 10x alternating reverse lunges (5 each leg)
- 10-sec Superman holds (arms can be brought in slightly next to ears)

### Day 5

- 10x wall squats
- 10x lateral shuffle squats (shuffle slowly)
- 10x glute bridges (bring feet closer to body)
- 10x triceps dips (use a stable chair, bring legs closer to body)
- 20-sec plank

**Complete 3 rounds of each day's exercises to clock your recommended 30 minutes of physical activity daily.**

**Safety first! Do consult a doctor if you are unsure about a new exercise, and take care not to overexert yourself.**

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