

# BUILD MUSCLES

## 7-day Workout Plan for Beginners

This 7 day home workout routine will help you build and maintain strength, balance, and flexibility by using your body weight only. Visit our site and watch videos on how to do each exercise. Use this program for 8 to 12 weeks and to see visible results. You can also customize it depending on your fitness level.

### Monday

Exercise	Muscle Worked	Reps	Rest
Jumping Jacks	Full Body	15-sec x 2	30-sec
Incline Push-up	Chest and Triceps	15 x 2	1-min
Standard Squat	Quad	15 x 3	1-min
Lying Y Raises	Back and Rear Delt	15 x 3	1-min

### Tuesday

Exercise	Muscle Worked	Reps	Rest
Squat Jump	Quad	10 x 3	45-sec
Lunges	Legs	10 x 2	45-sec
Inverted Row	Back	10 x 3	1-min
Narrow Pushups	Triceps	10 x 3	90-sec
Reverse Crunches	Core	10 x 2	45-sec

### Wednesday

Exercise	Muscle Worked	Reps	Rest
Lateral Squat	Legs	10 x 3	45-sec
Standard Pushup	Chest	10 x 3	1-min
Pike Pushup	Shoulder	10 x 3	90-sec
Plank	Core	30-sec x 2	45-sec

## Thursday – OFF

### Friday

<b>Exercise</b>	<b>Muscle Worked</b>	<b>Reps</b>	<b>Rest</b>
Burpees	Full Body	10 x 3	45-sec
Squats	Legs	10 x 3	1-min
Pushups	Chest	10 x 3	90-sec
Floor IYT Raises	Back	10 x 2	45-sec
Shoulder Tap	Upper Body	30-sec x 2	45-sec

### Saturday

<b>Exercise</b>	<b>Muscle Worked</b>	<b>Reps</b>	<b>Rest</b>
Inchworm	Full Body	10 x 3	45-sec
Bodyweight Step-up	Legs	10 x 2	45-sec
Dive Bomber Push-ups	Upper Body	10 x 3	1-min
Lying Leg Lift	Core	12 x 3	45-sec
Donkey Calf Raise	Calves	30-sec x 2	45-sec

### Sunday

<b>Exercise</b>	<b>Muscle Worked</b>	<b>Reps</b>	<b>Rest</b>
Triangle Pushups	Triceps	10 x 2	45-sec
Floor IYT Raises	Back	10 x 3	1-min
Reverse Lunges	Legs	10 x 2	45-sec
Glute Bridge	Glute	12 x 3	45-sec