

7-Day No-Gym Workout Plan

Day 1

Full-Body Circuit:

- 20 squats
- 15 push-ups
- 20 lunges (10 per leg)
- 30-second plank
- Repeat 3x

Day 2

Cardio & Core:

- 30-second jumping jacks
- 20 mountain climbers
- 15 sit-ups
- 30-second high knees
- Repeat 3x

Day 3

Lower Body Focus:

- 25 bodyweight squats
- 20 glute bridges
- 15 step-ups (use stairs)
- 30 calf raises
- Repeat 3x

Day 4

Active Recovery:

- 30-minute brisk walk
- 5 minutes light stretching

Day 5

Upper Body Burn:

- 15 push-ups
- 20 chair dips
- 15 arm circles (each direction)
- 30-second plank
- Repeat 3x

Day 6

HIIT Challenge:

- 20 jumping jacks
- 10 burpees
- 20 mountain climbers
- 15 jump squats
- Repeat 3x

Day 7

Stretch & Mobility:

- 5 minutes deep breathing
- 10 minutes full-body stretching

Healthy Grocery List

- Proteins: Eggs, Chicken breast, Canned tuna, Greek yogurt, Tofu
- Carbs: Oats, Brown rice, Sweet potatoes, Whole wheat bread
- Fats: Avocados, Olive oil, Almonds, Peanut butter
- Vegetables: Spinach, Broccoli, Carrots, Bell peppers
- Fruits: Apples, Bananas, Berries, Oranges
- Snacks: Rice cakes, Hummus, Protein bars
- Hydration: Water, Herbal tea, Coconut water