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Basic Home Workout: Full-Body Routine

◆ Bodyweight Squats

- Stand with feet shoulder-width apart.
- Lower your body like you're sitting in a chair, keeping your knees behind your toes.
- Go as low as comfortable, then push through heels to stand.
- **Do 10–15 reps**

◆ Push-Ups (Knees or Toes)

- Hands under shoulders, body straight.
- Lower until the chest nearly touches the floor.
- Push back up.
- Drop to knees if needed to maintain form.
- **Do 8–12 reps**

◆ Reverse Lunges

- Stand tall, step one leg back, and bend both knees to lower.
- Push off the back leg to return to the start.
- Alternate sides.
- **Do 8–12 reps per leg**

◆ Plank Hold

- Elbows under shoulders, legs extended, core tight.
- **Hold 20–30 seconds** (or as long as possible)

◆ Jumping Jacks

- Start with feet together, arms at sides.
- Jump feet out, lift arms overhead.
- Return to the start and repeat.
- **Do 20–25 reps**



How to Use This Circuit

1. Move through each exercise one after the other.
 2. Rest **30–60 seconds** between moves.
 3. Complete **2–3 rounds** for a beginner-friendly session.
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Weekly Sample Plan: Easing Into Home Fitness

Day	Focus	Details
Mon	Full-Body Routine	Circuit, two rounds
Tue	Light Cardio / Fat Burn	15-minute brisk walk or fat-burning morning
Wed	Full-Body Routine	Circuit, try for three rounds
Thu	Rest or Stretch	Gentle stretching/yoga, 10–15 min
Fri	Full-Body Routine	Circuit, add reps if stronger
Sat	Cardio / Weekend Walk	20-minute walk, cycling, or jumping jacks
Sun	Rest / Active Recovery	Stretch, foam roll, or stroll

✓ **Tip:** Mix and match based on energy. The key is to do *something* most days, even if it's just 5 minutes. This builds the habit that gets you fit without a gym.