

# 3-Day Workout Plan for Busy Beginners (No Gym Needed)

Build strength, energy, and consistency in under 30 minutes per day.

**Who it’s for:** Busy beginners looking to start or restart fitness from home.  
**How it works:** Follow 3 short, effective workouts per week — no gym, minimal equipment, and clear progression.

<b>Time</b>: 20–30 minutes	<b>Space</b>: 6x6 feet
<b>Equipment</b>: Bodyweight or household items	<b>Goal</b>: Strength, energy, and better movement

## Day 1: Full-Body Strength to Kickstart Your Week

Build a base with big moves that train your legs, push, pull, and core. Think tall posture, smooth tempo, and controlled reps.

**Squats** — 3 sets of 10–12  
*Form:* Feet shoulder-width, toes slightly out. Sit hips back, chest up, drive through heels.  
Beginner: Sit-to-stand from a chair.

**Push-Ups (Knee Version)** — 3 sets of 8–10  
*Form:* Hands under shoulders, body straight. Lower chest between hands, elbows 45°. Press away.  
Beginner: Incline push-ups on counter.

**Rows (Water Bottles or Bands)** — 3 sets of 10–12  
*Form:* Hinge at hips, pull elbows toward back pockets, pause, lower slow.  
Beginner: One arm at a time, support on chair.

**Forearm Plank** — 3 sets of 20–30 sec  
*Form:* Elbows under shoulders, ribs down, squeeze glutes.  
Beginner: Elevated plank on couch.

Optional Finisher: March in place 60 sec at easy pace.

## Day 2: Upper Body & Cardio for Mid-Week Energy

Light upper-body work plus short cardio bursts — quick transitions and steady effort.

**Arm Circles** — 2 sets of 20 forward + 20 backward  
*Form:* Stand tall, reach through fingertips, small to medium circles.

**Wall Pushes** — 3 sets of 10–12  
*Form:* Hands on wall, heels down, lower chest with control, press back strong.  
Beginner: Step closer to wall. Progress: Counter height.

**Modified Jumping Jacks** — 3 sets of 30–40 sec  
*Form:* Step one foot out while raising arms, then switch. Land soft.  
Progression: Full jacks.

**Bird-Dog** — 3 sets of 8 per side  
*Form:* Hands under shoulders, knees under hips, reach opposite arm and leg, keep hips level.

**Cardio Burst** — 2 rounds  
30 sec brisk march or high knees + 30 sec rest.

Optional Core Bonus: Side Plank (on knees) — 2 sets of 20 sec per side.

## Day 3: Lower Body & Recovery to End Strong

Finish the week with lower-body training and recovery work to reset for next week.

**Reverse Lunges** — 3 sets of 8 per side

*Form:* Step back, drop into tall lunge. Front knee over mid-foot. Push through heel.

Beginner: Static split squat holding a chair.

**Calf Raises** — 3 sets of 12–15

*Form:* Rise up slow, pause, lower under control.

Beginner: Support on wall.

**Glute Bridges** — 3 sets of 10–12

*Form:* Feet flat, ribs down, drive through heels, squeeze glutes at top.

Progression: Hold a water bottle on hips.

**Dead Bug** — 3 sets of 6–8 per side

*Form:* Lower back pressed to floor. Reach opposite arm/leg, exhale as you extend.

**Gentle Stretch (3–5 min)**

Calves, quads, hamstrings, hips, chest — 20–30 sec each.

Finish with light walking and deep breathing.

### Rest Day Notes:

Train Mon/Wed/Fri or Tue/Thu/Sat.

Use off days for walking, mobility, or light stretching.

Consistency + recovery = steady progress.

*Warm up 2–3 minutes before starting (march, arm circles, hip hinges).*

*Avoid pain; focus on control and form.*

*Stay hydrated and aim for consistent sleep.*