Beginner Workout Plan for Women

Name: Alex Jones **Age:** 28 **Sex:** Female

Height: 158 cm **Weight:** 50 kg

Kickstart your fitness journey with a simple and effective exercise routine. Before you begin, please take a moment to fill out the following information to customize your plan:

Day	Workout
1	Full-Body Strength Training Body-Weight Squat: 3 sets of 12 reps Dumbbell Chest Press: 3 sets of 10 reps Cardio Workout (Choose from brisk walking, jogging, or cycling): 20 minutes
2	Active Recovery Yoga: 15 minutes (Focus on stretching and flexibility) Light Cardio (Walking or cycling): 15 minutes
3	Core and Flexibility Pilates: 3 sets of 10 reps (Include exercises like leg lifts and plank variations) Yoga: 15 minutes (Emphasize on poses that engage the core) Cardio Workout (Jumping jacks or jump rope): 15 minutes
4	Rest or Light Activity
5	Total-Body Workout Body-Weight Squat: 3 sets of 12 reps Dumbbell Chest Press: 3 sets of 10 reps Cardio Workout (Choose from brisk walking, jogging, or cycling): 20 minutes
6	Mind-Body Connection Yoga: 20 minutes (Focus on relaxation and mindfulness) Pilates: 3 sets of 10 reps (Include exercises like bridges and side planks)
7	Rest or Light Activity