3-Day Home Starter

Your first sessions, ready to print

Workout at Home Plan · workoutathomeplan.com

Week 1 · Session 1

Day 1

Legs and core

About 20 minutes

No equipment. Optional: dumbbells
2 rounds: do the moves in order, rest about 1 minute, repeat. About 20 s between moves.
Learn each move. Go slowly and finish each round with energy left.

Warm-up



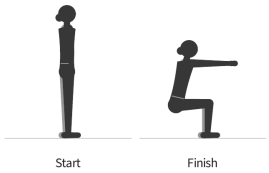
March in place — **Keep moving 60 s**
Arm circles — **Keep moving 40 s**
Cat-cow — **8 reps**
Standing side reach — **5 reps each side**
Hip hinge — **10 reps**

Card N01

Squat

12 reps

Optional dumbbell



Start — Finish

Sit back as if onto a chair; keep your heels down.
Easier: Squat down to touch a chair seat, then stand.
Harder: Hold a dumbbell at your chest (goblet squat, card D01).

Card N03

Glute bridge

12 reps

Optional dumbbell



Start — Finish

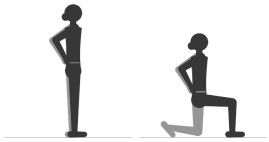
Press through your heels and squeeze your seat at the top.
Easier: Lift the hips only halfway.
Harder: Rest a dumbbell on your hips (card D09), or lift one foot off the floor.

Card N02

Reverse lunge

8 reps each side

Optional dumbbell



Start — Finish

Step back, lower straight down, push through the front heel to stand.
Easier: Make the step shorter and lower only halfway; hold a chair back.
Harder: Hold a dumbbell in each hand at your sides (card D07).

Card N13

Side-lying leg raise

8 reps each side



Start — Finish

Lift with the heel leading; do not roll back.
Easier: Lift the leg only a little.
Harder: Pause for 2 seconds at the top.

Card N20

Lying toe tap

8 reps each side



Start — Finish

Lower one foot slowly; keep your lower back down.
Easier: Lower the foot only halfway.
Harder: Lower both feet together.

Cool-down · hold the Finish picture



Standing quad stretch — **Hold 30 s each side**
Standing hamstring stretch — **Hold 30 s each side**
Child's pose — **Hold 45 s**
Chest opener — **Hold 30 s**

☐ **Done** Date _____

Tracker: Week 1 page, Session 1

Check with your doctor before starting. Stop if anything hurts.

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Start here

These are the first three sessions of the 4-Week Home Workout Plan.

Do 3 sessions a week, on any days. Rest a day between if you can.

Print and tape today's session page up. Clear space; use a stable support where pictured.

Warm up, follow the moves in order for the rounds shown, then cool down. Rest about 20 s between moves and about 1 minute between rounds.

Time estimates assume about 3 seconds per rep (each side counted), holds as written, about 20 seconds to get to the next move and 1 minute of rest between rounds.

Missed a day? Do the next session on the list when you can. Nothing is lost.

If a move hurts, stop it. Try its easier option, or leave it out today.

Before you begin

Check with your doctor before you start a new exercise plan. Stop if anything hurts; never push through pain. These pages are general exercise guidance, not medical advice.

Count each side separately. For a hold, stay in the Finish picture; keep-moving moves alternate between the pictures.

There is no video and no coach. You read the move, do it and take the time you need. If you would rather press play and follow a class, a video service will suit you better.

Instant digital download, nothing ships.

One-time purchase: no subscription, no app, no account.

Week 1 · Session 1

Day 1

Legs and core

About 20 minutes

No equipment. Optional: dumbbells
2 rounds: do the moves in order, rest about 1 minute, repeat. About 20 s between moves.
Learn each move. Go slowly and finish each round with energy left.

Warm-up



March in place
Keep moving 60 s



Arm circles
Keep moving 40 s



Cat-cow
8 reps



Standing side reach
5 reps each side



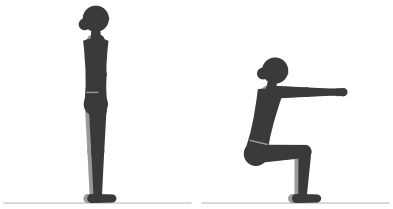
Hip hinge
10 reps

Card N01

Squat

12 reps

Optional dumbbell



Start Finish

Sit back as if onto a chair; keep your heels down.
Easier: Squat down to touch a chair seat, then stand.
Harder: Hold a dumbbell at your chest (goblet squat, card D01).

Card N03

Glute bridge

12 reps

Optional dumbbell



Start Finish

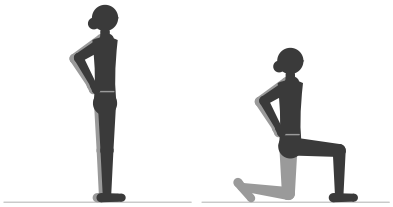
Press through your heels and squeeze your seat at the top.
Easier: Lift the hips only halfway.
Harder: Rest a dumbbell on your hips (card D09), or lift one foot off the floor.

Card N02

Reverse lunge

8 reps each side

Optional dumbbell



Start Finish

Step back, lower straight down, push through the front heel to stand.
Easier: Make the step shorter and lower only halfway; hold a chair back.
Harder: Hold a dumbbell in each hand at your sides (card D07).

Card N13

Side-lying leg raise

8 reps each side



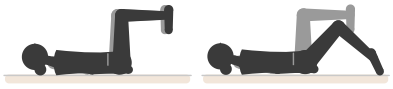
Start Finish

Lift with the heel leading; do not roll back.
Easier: Lift the leg only a little.
Harder: Pause for 2 seconds at the top.

Card N20

Lying toe tap

8 reps each side



Start Finish

Lower one foot slowly; keep your lower back down.
Easier: Lower the foot only halfway.
Harder: Lower both feet together.

Cool-down · hold the Finish picture



Standing quad stretch
Hold 30 s each side



Standing hamstring stretch
Hold 30 s each side



Child's pose
Hold 45 s



Chest opener
Hold 30 s

☐ **Done** Date _____

Tracker: Week 1 page, Session 1

Week 1 · Session 2

Day 2

Upper body and back

About 20 minutes

No equipment.
2 rounds: do the moves in order, rest about 1 minute, repeat. About 20 s between moves.
Learn each move. Go slowly and finish each round with energy left.

Warm-up



March in place
Keep moving 60 s



Arm circles
Keep moving 40 s



Cat-cow
8 reps



Standing side reach
5 reps each side

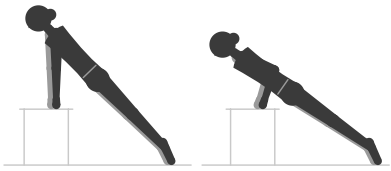


Hip hinge
10 reps

Card N04

Incline push-up

12 reps



Start Finish

Keep your body in one line from head to heels.
Easier: Do it with your hands on a wall.
Harder: Use a lower surface, such as a sturdy chair seat against a wall, or do it on your knees on the floor (card N05).

Card N12

Back extension

12 reps



Start Finish

Lift a few inches only; look at the floor.
Easier: Keep your hands by your hips and lift only your chest a little.
Harder: Hold the top for 3 seconds.

Card N06

Bird dog

8 reps each side



Start Finish

Reach long without arching your back; move slowly.
Easier: Reach only the leg back, keeping both hands down.
Harder: Hold the reach for 3 seconds each time.

Card N14

Clamshell

8 reps each side



Start Finish

Keep your feet together and open the top knee like a book.
Easier: Open the knee only partway.
Harder: Pause for 2 seconds at the top.

Card N08

Forearm plank

Hold 20 s



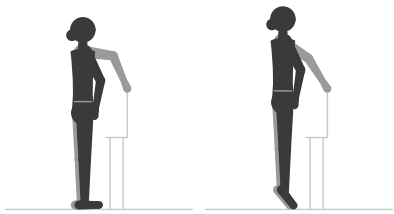
Start Finish

Pull your belly in and keep your hips level with your shoulders.
Easier: Hold the plank on your knees (the first picture).
Harder: Hold longer, or lift one foot for a few seconds at a time.

Card N10

Calf raise

12 reps



Start Finish

Rise slowly, pause at the top, lower slowly.
Easier: Lift the heels only a little.
Harder: Do one leg at a time, or hold dumbbells (card D13).

Cool-down · hold the Finish picture



Standing quad stretch
Hold 30 s each side



Standing hamstring stretch
Hold 30 s each side



Child's pose
Hold 45 s



Chest opener
Hold 30 s

☐ **Done** Date _____

Tracker: Week 1 page, Session 2

Week 1 · Session 3

Day 3

Whole body

About 20 minutes

No equipment. Optional: dumbbells
2 rounds: do the moves in order, rest about 1 minute, repeat. About 20 s between moves.
Learn each move. Go slowly and finish each round with energy left.

Warm-up



March in place
Keep moving 60 s



Arm circles
Keep moving 40 s



Cat-cow
8 reps



Standing side reach
5 reps each side

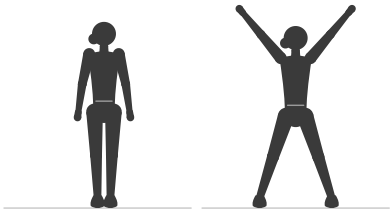


Hip hinge
10 reps

Card N18

Step jack

8 reps each side



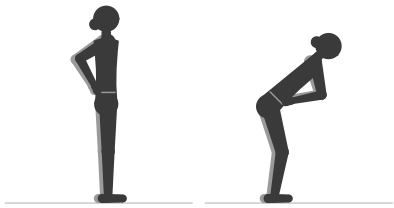
Start Finish

Step one foot out and raise your arms, step back in and lower them; no jumping.
Easier: Raise the arms only to shoulder height.
Harder: Move faster and bend the knees a little as you step out.

Card N16

Hip hinge

12 reps



Start Finish

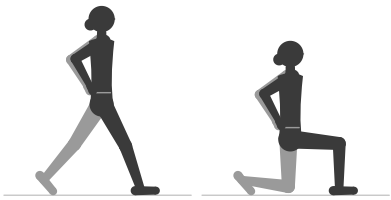
Push your hips back; keep your back flat.
Easier: Tip forward only a little.
Harder: Hold a dumbbell in each hand in front of the thighs (Romanian deadlift, card D02).

Card N11

Split squat

8 reps each side

Optional dumbbell



Start Finish

Drop straight down, as if on an elevator; feet stay where they are.
Easier: Lower only halfway and hold a chair back for balance.
Harder: Hold a dumbbell in each hand (card D15).

Card N14

Clamshell

8 reps each side



Start Finish

Keep your feet together and open the top knee like a book.
Easier: Open the knee only partway.
Harder: Pause for 2 seconds at the top.

Card N17

Slow mountain climber

8 reps each side



Start Finish

Step one knee in at a time; keep your hips level.
Easier: Do it with your hands on a sturdy table or counter.
Harder: Move a little faster, keeping hips steady.

Cool-down · hold the Finish picture



Standing quad stretch
Hold 30 s each side



Standing hamstring stretch
Hold 30 s each side



Child's pose
Hold 45 s



Chest opener
Hold 30 s

☐ **Done** Date _____

Tracker: Week 1 page, Session 3

The rest of your month

These other nine sessions are in the 4-Week Home Workout Plan.

- [ ] Day 4 · Legs and core
- [ ] Day 5 · Upper body and back
- [ ] Day 6 · Whole body
- [ ] Day 7 · Legs and core
- [ ] Day 8 · Upper body and back
- [ ] Day 9 · Whole body
- [ ] Day 10 · Legs and core
- [ ] Day 11 · Upper body and back
- [ ] Day 12 · Whole body