

# 30 Day Beginner Plan - Day 1

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Warm up for 5 minutes on an elliptical trainer or other low impact cardio equipment machine.

Complete all exercises individually before moving on to the next one.

## 30 Day Beginner Plan - Day 1

[30 Day Beginner Program](#)

Regular workout

Created by Jag Grewal on 10 Sep 2021, last updated on 10 Sep 2021.

est. 42 minutes

### Equipment



Body weight



Dumbbell

### Instructions

Warm up for 5 minutes on an elliptical trainer or other low impact cardio equipment machine.

Complete all exercises individually before moving on to the next one.

#### Superset of 1 set



Elliptical

5 min



Rest for 60 sec

#### Superset of 3 sets



Body Weight Squat

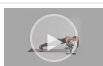
15



Rest for 60 sec

↶ Repeat new set

#### Superset of 3 sets



Incline Push Up

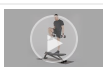
15



Rest for 60 sec

↶ Repeat new set

#### Superset of 3 sets



Dumbbell Step Up

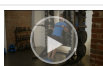
15/20



Rest for 60 sec

↶ Repeat new set

#### Superset of 3 sets



Hanging Inverted Row

15

 Rest for 60 sec

 Repeat new set

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### Superset of 3 sets



Glute Bridge

15



Rest for 60 sec

 Repeat new set

### Superset of 3 sets



Elbow Plank

30 - 60 seconds



Rest for 60 sec

 Repeat new set



### Body Weight Squat

- 1) When performing the squat, let your body weight shift back into your heels as you sit your hips back.
- 2) Keep your knees as far back behind your toes as possible.
- 3) Keep your chest up and back held in neutral position or with a slight arch.
- 4) Prevent yourself collapsing forward as you perform a squat.
- 5) Make sure your toes, knees, and hips are all in line as you squat back.



### Incline Push Up

1. Using an object to create an incline with your body, support your body on your toes, legs and arms straight.
2. Lower your chest, elbows bent.
3. Push up to a straight arm, returning to starting position.
4. Return.



### Dumbbell Step Up

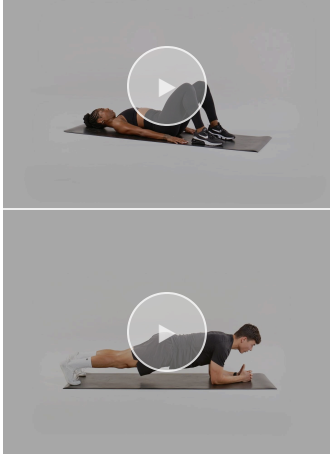
1. When performing the step up, ensure that your leg gets the full extension at the top of the step. Keep your knee in line with your foot and your hip as you extend your leg.
2. Stand up straight with dumbbells on each hand.
3. Place the right foot on the elevated platform. And let the left foot stay on the ground. This will be your starting position.
4. Lift your left foot all the way forward while keeping your knee slightly bent. And your right foot straight.
5. Then back to starting position.
6. Once you're completed one side, do the other.



### Hanging Inverted Row

- 1) Set the bar at your hip level and position yourself underneath the bar, hanging from it with a shoulder width grip and your heels on the floor.
- 2) Begin by pulling yourself upwards until your chest touches the bar, pause, and lower yourself to the starting position.

### Glute Bridge



- 1) For this exercise, lie on your back.
- 2) Squeeze your glutes to lift your hips. Keep your tummy tight throughout.

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### Elbow Plank

- 1.Lie face down on a mat with elbows resting on the floor next to your chest, palms facing forward or in a fist position, feet together.
- 2.Push your body off the floor in a pushup position with your body resting on elbows or hands.
- 3.Contract the abs and keep the body in a straight line from head to toes. Hold for 30-60 seconds, then lower body returning to starting position.
- 4.Repeat.

## Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Elliptical	Distance miles Time m: s Speed Levels/Incline Calories burnt		
Rest			
Body Weight Squat	reps	reps	reps
Rest			
Incline Push Up	reps	reps	reps
Rest			
Dumbbell Step Up	reps x lbs	reps x lbs	reps x lbs
Rest			
Hanging Inverted Row	reps	reps	reps
Rest			
Glute Bridge	reps	reps	reps
Rest			
Elbow Plank	sec	sec	sec
Rest			

## Previous Stats