

HOMEBOY BEGINNER WORKOUT  
3 Days a Week

Day 1 – Full Body Strength & Cardio

1. Bodyweight Squats – 3 sets 12-15 reps
2. Push-ups (on knees if needed) – 3 sets 8-10 reps
3. Dumbbell Rows (or water bottles) – 3 sets 12-15 reps
4. Glute Bridges – 3 sets 12-15 reps
5. Jumping Jacks – 3 sets 30-45 seconds Moderate Intensity
6. Plank (core stability) – 3 sets Hold for 20-30 seconds

Day 2 – Lower Body & Core

1. Lunges (stationary) – 3 sets 10 reps per leg
2. Bodyweight Deadlifts (use a broomstick for form) – 3 sets 12-15 reps
3. Step-ups (onto a chair or stairs) – 3 sets 10 reps per leg
4. Mountain Climbers – 3 sets 30 seconds Moderate Intensity
5. Russian Twists (with or without weight) – 3 sets 12-15 reps per side
6. Leg Raises (for core) – 3 sets 12-15 reps

Day 3 – Upper Body & Cardio

1. Wall Push-ups – 3 sets 10-12 reps
2. Dumbbell Shoulder Press (or water bottles) – 3 sets 12-15 reps
3. Bent Over Rows (use a chair or countertop for support) – 3 sets 12-15 reps
4. High Knees – 3 sets 30 seconds Moderate Intensity
5. Bicycle Crunches – 3 sets 15-20 reps per side
6. Plank – 3 sets Hold for 20-30 seconds per side

Additional Notes:

- Progression: Gradually increase reps or reduce rest time to challenge your body as you progress.