

Beginner Total Body - Getting Started Guide

Beginner's Complete Body Workout

Perfect introduction to fitness with gentle, effective exercises designed for newcomers to build confidence and strength.

Gentle Progression (18 minutes)

Gentle Warm-up (3 minutes)

- Marching in place: 1 minute
- Arm circles (small to large): 1 minute
- Side steps with arm swings: 1 minute

Foundation Exercises (12 minutes)

Perform 2 rounds of the following circuit. Work for 30 seconds, rest for 30 seconds.

Wall Push-ups

Stand arm's length from wall, place palms against wall, push body toward and away from wall.

Tips: Keep body straight, controlled movement, breathe steadily

Chair-Assisted Squats

Stand in front of chair, lower down as if sitting, tap chair lightly, stand up.

Tips: Keep chest up, knees behind toes, use chair for confidence

Marching in Place

Lift knees to comfortable height, swing arms naturally, maintain good posture.

Tips: Start slow, gradually increase pace, engage core

Modified Plank (Wall)

Face wall, place forearms against wall, step feet back, hold position.

Tips: Straight line from head to feet, breathe normally

Gentle Side Steps

Step side to side, add arm movements, keep movements controlled.

Tips: Stay light on feet, maintain balance, have fun with it

Standing Forward Bend

Slowly bend forward from hips, let arms hang, bend knees if needed.

Tips: No bouncing, go only as far as comfortable, breathe deeply

Relaxation & Stretch (3 minutes)

- Deep breathing: 1 minute
- Gentle neck rolls: 30 seconds each direction
- Shoulder shrugs and rolls: 1 minute

★ Building Confidence

Start Slow: It's better to do exercises perfectly than fast

Listen to Your Body: Some muscle fatigue is normal, pain is not

Consistency Over Intensity: Regular gentle exercise beats sporadic intense workouts

Celebrate Small Wins: Every workout completed is a victory

📈 Progression Path

Week 1-2: Foundation

Focus on learning movements, building habit

Week 3-4: Building

Increase work time to 40 seconds, reduce rest to 20 seconds

Week 5+: Advancing

Add third round, progress to harder variations

📊 Workout Stats

Duration: 18 minutes

Calories: 90-140

Difficulty: Beginner

Equipment: Wall, Chair

👶 Beginner Benefits

- Builds exercise habit
- Improves basic strength
- Enhances coordination
- Boosts confidence
- Increases energy levels

♥ Motivation Tips

- Track completed workouts
- Find a workout buddy
- Set small, achievable goals
- Reward yourself for consistency
- Focus on how you feel

? When to Progress

- ✓ Can complete full workout
- ✓ Feel stronger after 2 weeks
- ✓ Exercises feel easier
- ✓ Ready for new challenges