



## **Beginner Exercise Routine**

Here's a simple 30-day quick-start exercise plan for beginners:

### **Week 1:**

Cardio Workout: Brisk walking or light jogging for 20 minutes.

Strength Training: Bodyweight exercises like squats, lunges, and push-ups.

### **Week 2:**

Cardio Workout: Increase your walking/jogging time to 30 minutes.

Strength Training: Add resistance bands or light dumbbells to your bodyweight exercises.

### **Week 3:**

Cardio Workout: Try cycling or using an elliptical machine for 30 minutes.

Strength Training: Incorporate planks, bridges, and bicep curls.

### **Week 4:**

Cardio Workout: Mix it up with dance-based fitness videos or swimming.

Strength Training: Continue with resistance exercises and focus on form.

Remember to warm up before each workout and cool down afterward. Listen to your body, and don't push yourself too hard initially. Consistency is key!