

FULL BODY HOME WORKOUT PLAN

NO EQUIPMENT NEEDED

1. Squats

3 x 15-20 reps
60 secs Rest

Feet shoulder-width apart. Move with hips first. Lower body down & stop at 90° angle. Hold 1-2 secs. Squeeze glutes to push up.

2. Vertical Pulls

3 x 10 reps
60 secs Rest

Feet either side of door. Hold & lean back till arms fully extended. Pull body up to door. Keep elbows close to body. Engage core. Keep body straight.

3. Push Ups

3 x 15-20 reps
60 secs Rest

From plank position, lower body to floor keeping the body straight. Stop once elbows reach 90° angle. Hold 1-2 secs and push back up to plank.

4. Standing Calf Raises

3 x 15-20 reps
60 secs Rest

Stand on a raised surface, heels off the edge. Drop the heels slightly. Push the heels up (tiptoe). Pause 1-2 secs & lower.

5. Ab Crunches

3 x 15-20 reps
60 secs Rest

Lie down, feet on floor, knees at 90° angle. Squeeze abs & raise shoulders off the ground -6 inches. Hold 1-2 secs and lower.

6. Stretch

10-20 mins

Stretch the full body for at least 10 mins. Stretches include: hamstring stretches, hip openers, side stretches, quad stretches.

To Home Workout Routine In 2026 Complete Beginner Guide To Home Workout

Dr. Steve Pal



To Home Workout Routine In 2026 Complete Beginner Guide To Home Workout:

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