

Beginner weekly schedule

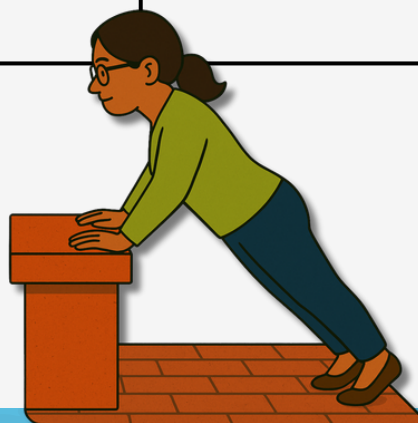
Start where you are. Use what you have. Do what you can!

WORLD
LIVER
DAY



Designed for beginners -
15-20 minutes / day with 1-2 rest days

<p>Monday (15 minutes)</p>	<p>Full-body mobility</p>	<ul style="list-style-type: none"> • Warm up (5 minutes) March in place Arm circles Shoulder rolls • Main (10 minutes) Sit-to-stand (10): 2 min Wall Push-ups (10): 2 min Step touch (10 each side): 2 min Seated knee lifts (10): 2 min Standing back squeeze (10): 2 min • Cool down (5 minutes) Cat-cow Stretch (standing) Standing Side bend / deep breathing
<p>Tuesday (15 minutes)</p>	<p>Core & balance</p>	<ul style="list-style-type: none"> • Warm-up (5 Minutes) • Main (10 minutes) Seated Knee Lifts (10): 2 min Heel-to-Toe Walk (2 rounds): 2 min Simple hamstring stretches: 2 min. Can progress to Standing hamstring stretches Standing Side Bends: (10 each side): 2 min Seated Twist Stretch: 2 min
<p>Wednesday (15-20 minutes)</p>	<p>Rest or light activity</p>	<p>Optional: Gentle walk (15-20 min) or full body stretch</p>

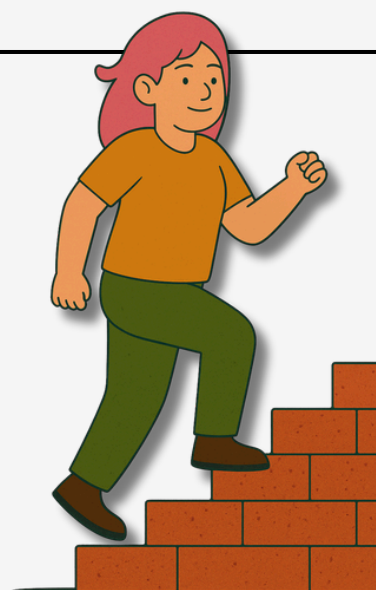




<p>Thursday (15 Minutes)</p>	<p>Strength basics</p>	<ul style="list-style-type: none"> • Start with 5 min Warm-up • Main (10 minutes) <p>Chair Squats (10): 3 min Wall Push-Ups (10): 3 min Standing Back Squeeze (10): 2 min March in Place: 2 min</p>
<p>Friday (15 Minutes)</p>	<p>Light cardio</p>	<ul style="list-style-type: none"> • Main (15 minutes) <p>March in Place: 5 min Step Touch: 4 min Seated Arm Raises (10): 4 min Cool-down: Deep Breathing Stretch: 2 min</p>
<p>Saturday (15 minutes)</p>	<p>Mobility and posture</p>	<ul style="list-style-type: none"> • Warm-up (5 minutes) • Main (10 minutes) <p>· Seated Knee Lifts (10): 2 min · Cat–Cow (10): 2 min · Seated Twist Stretches (10): 2 min · Simple or Standing Hamstring Stretch: 2 min Deep breathing with arm raises: 2 min</p>
<p>Sunday</p>	<p>Rest</p>	<ul style="list-style-type: none"> • Posture awareness, and light stretching

Tips for success

- **Go slow** — the goal is consistency, not intensity.
- **Focus on form** — quality over quantity
- **Listen to your body** — stop if you feel sharp pain or dizziness.
- **Track progress** — note how long you can go without rest each week.





Full-body mobility: instructions

Warm-Up (5 min)

- **March in place:** Stand tall and lift knees alternately
- **Arm Circles:** Extend arms out and make small circles
- **Shoulder Rolls:** Roll shoulders forward and backward

Main Workout (10 min)

- **Sit-to-Stand:** From a chair, stand and sit slowly
- **Wall Push-Ups:** Stand arm's length from a wall and push in/out
- **Step Touch:** Step side to side, tapping opposite foot
- **Seated Knee Lifts:** Sit upright and lift one knee at a time. Can keep one hand on the chair for balance
- **Standing Back Squeeze:** Squeeze shoulder blades together

Cool-Down (5 min)

- **Cat-Cow Stretch (Standing):** Alternate arching and rounding your back
- **Standing Side Bend/Deep Breathing:** Reach one arm overhead, stretch to side

Core: instructions

Simple hamstring stretches

Sit on the floor with both legs out straight.

Extend your arms and reach forward by bending at the waist as far as possible while keeping your knees straight.

Hold this position for 15 to 30 seconds.

Relax back into the starting position.

Repeat three times.

Stretch until you feel a gentle pull in the back of your thighs. If you feel any excessive pain, you should stop the exercise.

Standing hamstring stretches

Stand and cross your right foot in front of your left.

Slowly lower your forehead to your right knee by bending at the waist.

Keep both knees straight. Hold this position for 15 to 30 seconds. Relax.

Repeat on the other side by crossing your left foot in front of your right.

Seated Twist Stretch

Sitting on the floor or in a chair and twisting your torso to one side, using your opposite elbow or hand to help you deepen the stretch.

Seated Arm Raises (Can also be performed with dumbbells)

Sit tall in a chair with your feet flat on the floor. Keep your back straight and core engaged.

Extend your arms out to your sides, keeping them straight and parallel to the floor.

Raise your arms upwards until they are overhead. Maintain a slight bend in your elbows if needed.

Lower your arms back down to the starting position slowly and with control



Chair Squats

Starting position: Stand with your feet hip-width apart, toes pointing straight ahead. Place a sturdy chair behind you to use as a guide.

Engage your core: Keep your back straight and chest up, and tighten your core muscles for stability. You can keep your arms in front of you for balance.

Lower down: Slowly bend your knees and push your hips back, as if you are about to sit in the chair.

Touch the chair: Gently tap the chair with your buttocks, but do not sit down completely.

Ensure your knees stay behind your toes throughout the movement.

Stand back up: Push through your heels to return to the starting position, squeezing your glutes to lift yourself up

Repeat: Perform 3 sets of 10 repetitions, or as many as are comfortable for you.

Wall Push-ups

Start position: Stand about an arm's length from a wall with your feet hip-width apart. Place your hands on the wall slightly wider than shoulder-width apart, at about chest or shoulder height.

Engage your core: Keep your back straight and engage your core by sucking your abs in, like you're bracing for a light impact. Keep head in a neutral position

Lower your body: Inhale as you bend your elbows, keeping your body in a straight line from head to heels, and lower your chest toward the wall.

Press back up: Exhale as you push through your hands to straighten your arms and return to the starting position.

Standing back squeeze

Stand with feet shoulder-width apart.

Bring your shoulder blades together behind you.

Maintain a straight posture with your chest lifted.

Hold the squeeze for a few seconds.

Relax and repeat