

# MUSCLE EXERCISE CHART

## For Beginners

■ Do 2-3 sets   ■ 10-15 reps (or time-based where noted)  
■ Rest 30-60 seconds   ■ Workout 3-4 days per week

### Legs & Glutes

Squats	10-15 reps
Glute Bridge	12-15 reps
Side Leg Raise	10 each side
Standing Leg Kickback	10 each leg
Calf Raises	15-20 reps

### Glutes Focus

Glute Bridge	10-15 reps
Donkey Kicks	12-15 reps
Fire Hydrants	12-15 reps
Squat Hold	20-30 sec

### Chest & Back

Arm Curls (water bottle)	10-12 reps
Chair Dips	8-10 reps
Arm Circles	20 sec
Overhead Reach	12

### Core / ABS

Crunches	10-15 reps
Leg Raises (Bent Knee)	10 reps
Plank (Knees Down)	20-30 sec
Seated Knee Tucks	10-15 reps

### Light Cardio

March in Place	1-2 min
Jumping Jacks (Low Impact)	30 sec
Step Touch	1 min

### Cool Down / Stretch

Hamstring Stretch	20-30 sec
Quad Stretch	20-30 sec
Shoulder Stretch	20-30 sec
Cat-Cow Stretch	30 sec