

Welcome to Your Unique Beginner Workout Plan!

Dear [Name],

Congratulations on taking the first step towards a healthier lifestyle! This unique workout design is tailored specifically for beginners and will help you build a strong foundation. Here's what your first week looks like:

Weekly Workout Schedule

- **Day 1:** Full Body Circuit (30 minutes)
 - Warm-up: 5 minutes of brisk walking
 - Bodyweight Squats: 3 sets of 10
 - Push-ups: 3 sets of 5-10
 - Plank: 3 sets of 20 seconds
 - Cool Down: Stretching
- **Day 2:** Cardio (20-30 minutes)
 - Brisk walking, jogging, or cycling
- **Day 3:** Rest Day
- **Day 4:** Strength Training (30 minutes)
 - Deadlifts with light weights: 3 sets of 10
 - Bicep Curls: 3 sets of 10
 - Tricep Dips: 3 sets of 5-10
 - Cool Down: Stretching
- **Day 5:** Active Recovery (30 minutes)
 - Yoga or gentle stretching
- **Day 6:** Cardio + Core (30 minutes)
 - 15 minutes of your cardio choice
 - Russian Twists: 3 sets of 10
 - Leg Raises: 3 sets of 10
 - Cool Down: Stretching
- **Day 7:** Rest Day

Additional Tips

- Stay hydrated!
- Listen to your body--rest if you need to.
- Track your progress weekly.

We believe in you! Let's get started on this journey to fitness together!

Sincerely,

[Your Name]

[Your Contact Information]