



Petal & Paper

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Home workout weekly plan



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H O M E W O R K O U T

weekly plan

Monday — upper body strength (30 mins)

Push-ups: 3×12 Rest 60s
Tricep dips (chair): 3×10 Rest 60s
Shoulder press (bottles): 3×12 Rest 60s
Plank: 3×30s Rest 30s

Friday — cardio (20-30 mins)

Jumping jacks: 3×30s Rest 30s
Mountain climbers: 3×30s Rest 30s
High knees: 3×30s Rest 30s
Burpees: 3×10 Rest 60s

Wednesday — lower body strength (30 mins)

Squats: 3×15 Rest 60s
Lunges: 3×10 each Rest 60s
Glute bridge: 3×15 Rest 45s
Calf raises: 3×20 Rest 30s

Daily — 10-min stretch

Hip flexors: 30s each
Hamstrings: 45s each
Chest opener: 30s
Thoracic rotation: 10 each side

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