

**N.F.W.
GROUP INC.**

WORKOUT TIPS FOR BEGINNERS

➤➤➤ START SLOW

Begin with 20 minutes of brisk walking or light jogging

➤➤➤ FOCUS ON FORM

mastering the correct technique before increasing the weight or intensity.

➤➤➤ STAY CONSISTENT

Consistency is key to seeing progress. Create a workout schedule

➤➤➤ LISTEN TO YOUR BODY

Pay attention to how your body feels during and after workouts

***STAY MOTIVATED, AND AVOID
COMMON PITFALLS.***

Home Workout.

IMPORTANT CONSIDERATIONS FOR BEGINNERS:

- **WARM-UP (5-10 MINUTES BEFORE EACH WORKOUT):** GENTLE CARDIO LIKE MARCHING IN PLACE, ARM CIRCLES, LEG SWINGS, AND TORSO TWISTS. THIS PREPARES YOUR MUSCLES FOR EXERCISE AND HELPS PREVENT INJURY.
- **COOL-DOWN (5-10 MINUTES AFTER EACH WORKOUT):** LIGHT STRETCHING, HOLDING EACH STRETCH FOR 20-30 SECONDS. FOCUS ON THE MUSCLES YOU JUST WORKED.
- **PROPER FORM:** FOCUS ON DOING EACH EXERCISE CORRECTLY RATHER THAN DOING MANY REPETITIONS. GOOD FORM IS CRUCIAL FOR PREVENTING INJURIES AND MAXIMIZING EFFECTIVENESS. WATCH VIDEOS AND PAY ATTENTION TO HOW YOUR BODY FEELS.
- **LISTEN TO YOUR BODY:** IF YOU FEEL PAIN, STOP THE EXERCISE IMMEDIATELY. DON'T PUSH THROUGH SHARP OR PERSISTENT PAIN.
- **CONSISTENCY IS KEY:** AIM TO DO THIS ROUTINE 2-3 TIMES PER WEEK WITH REST DAYS IN BETWEEN. CONSISTENCY IS MORE IMPORTANT THAN INTENSITY, ESPECIALLY WHEN STARTING.
- **PROGRESSION:** AS YOU GET STRONGER, YOU CAN GRADUALLY INCREASE THE NUMBER OF REPETITIONS, SETS, OR THE DURATION OF EACH EXERCISE. YOU CAN ALSO EXPLORE VARIATIONS OF THESE EXERCISES TO MAKE THEM MORE CHALLENGING.

Home Workout.

PERFORM EACH EXERCISE FOR THE RECOMMENDED NUMBER OF REPETITIONS (REPS). REST FOR 30-60 SECONDS BETWEEN EACH EXERCISE. COMPLETE 2-3 SETS OF THE ENTIRE CIRCUIT.

1. BODYWEIGHT SQUATS (8-12 REPS): * STAND WITH YOUR FEET SHOULDER-WIDTH APART, CHEST UP, AND CORE ENGAGED. * LOWER YOUR HIPS DOWN AND BACK AS IF YOU'RE SITTING IN A CHAIR, KEEPING YOUR BACK STRAIGHT AND YOUR KNEES TRACKING OVER YOUR TOES. * GO AS LOW AS COMFORTABLE, IDEALLY UNTIL YOUR THIGHS ARE PARALLEL TO THE FLOOR. * PUSH THROUGH YOUR HEELS TO RETURN TO THE STARTING POSITION.

2. PUSH-UPS (ON KNEES OR TOES) (AS MANY REPS AS POSSIBLE (AMRAP) WITH GOOD FORM): * ON KNEES (EASIER): START ON YOUR HANDS AND KNEES, WITH YOUR HANDS SHOULDER-WIDTH APART. LOWER YOUR CHEST TOWARDS THE FLOOR, KEEPING YOUR BODY IN A STRAIGHT LINE. PUSH BACK UP TO THE STARTING POSITION. * ON TOES (MORE CHALLENGING): START IN A PLANK POSITION WITH YOUR HANDS SHOULDER-WIDTH APART. LOWER YOUR CHEST TOWARDS THE FLOOR, KEEPING YOUR BODY IN A STRAIGHT LINE. PUSH BACK UP TO THE STARTING POSITION.

3. WALKING LUNGES (8-10 REPS PER LEG): * STAND WITH YOUR FEET HIP-WIDTH APART. * STEP FORWARD WITH ONE LEG, LOWERING YOUR HIPS UNTIL BOTH KNEES ARE BENT AT A 90-DEGREE ANGLE. YOUR FRONT KNEE SHOULD BE DIRECTLY OVER YOUR ANKLE, AND YOUR BACK KNEE SHOULD HOVER JUST ABOVE THE FLOOR. * PUSH OFF WITH YOUR BACK FOOT TO STEP FORWARD AND REPEAT WITH THE OTHER LEG.

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Home Workout.

- 4. LEG LIFTS (10-15 REPS PER LEG): * LIE ON YOUR BACK WITH YOUR LEGS STRAIGHT AND TOGETHER. YOU CAN PLACE YOUR HANDS UNDER YOUR LOWER BACK FOR SUPPORT IF NEEDED. * KEEPING YOUR LEGS STRAIGHT (OR WITH A SLIGHT BEND IN YOUR KNEES IF THAT FEELS BETTER), SLOWLY LIFT BOTH LEGS TOWARDS THE CEILING UNTIL YOUR HIPS SLIGHTLY LIFT OFF THE FLOOR. * SLOWLY LOWER YOUR LEGS BACK DOWN WITH CONTROL, STOPPING JUST BEFORE YOUR HEELS TOUCH THE FLOOR.**
- . GLUTE BRIDGES (12-15 REPS): * LIE ON YOUR BACK WITH YOUR KNEES BENT AND FEET FLAT ON THE FLOOR, HIP-WIDTH APART. * ENGAGE YOUR GLUTES AND LIFT YOUR HIPS OFF THE FLOOR UNTIL YOUR BODY FORMS A STRAIGHT LINE FROM YOUR SHOULDERS TO YOUR KNEES. * SQUEEZE YOUR GLUTES AT THE TOP AND THEN SLOWLY LOWER BACK DOWN.**

SAMPLE WEEKLY SCHEDULE:

- **MONDAY: WORKOUT**
- **TUESDAY: REST OR LIGHT ACTIVITY (E.G., WALKING)**
- **WEDNESDAY: WORKOUT**
- **THURSDAY: REST**
- **FRIDAY: WORKOUT**
- **SATURDAY: REST OR LIGHT ACTIVITY**
- **SUNDAY: REST**

Home Workout.

PROGRESSION IDEAS:

- **INCREASE REPS/TIME: WHEN YOU CAN COMFORTABLY PERFORM THE RECOMMENDED REPS WITH GOOD FORM, TRY ADDING A FEW MORE. FOR LEG LIFTS, YOU CAN ALSO TRY HOLDING YOUR LEGS AT THE TOP FOR A SECOND OR TWO.**
- **INCREASE SETS: GRADUALLY ADD ANOTHER SET TO YOUR CIRCUIT.**
- **DECREASE REST: SHORTEN THE REST PERIODS BETWEEN EXERCISES.**
- **EXPLORE VARIATIONS: ONCE YOU'RE COMFORTABLE WITH THE BASIC MOVEMENTS, LOOK FOR VARIATIONS TO CHALLENGE YOURSELF FURTHER (E.G., ELEVATED LEG LIFTS, SINGLE-LEG GLUTE BRIDGES).**