



# 5-DAY WORKOUT PLAN

Start every workout with 5-10 minutes of warm-up exercises (e.g. dynamic stretching, jogging on the spot, jumping jacks) and end with 5-10 minutes of cool-down stretches.



Safety first! Do consult a health professional if you are unsure about a new exercise and take the Get Active Questionnaire (GAQ) before exercising. Always build intensity gradually and stop if you feel unwell.

## Beginner

### Day 1

- 10x wall squats
- 10x push-ups (knees on floor if needed)
- 10x alternating reverse lunges (5 each leg)
- 10x standing crunches
- 20-sec plank

### Day 2

- 10x lateral shuffle squats (shuffle slowly)
- 10x glute bridges (bring feet closer to body)
- 10x triceps dips (use a stable chair, bring legs closer to body)
- 10-sec Superman holds (arms can be brought in slightly next to ears)
- 10x mountain climbers

### Day 3

- 10x alternating reverse lunges (5 each leg)
- 10x wall squats
- 20x calf raises (10 each leg)
- 10x bicycle crunches
- 20-sec plank

### Day 4

- 10x burpees
- 10x push-ups (knees on floor if needed)
- 30-sec isometric squat holds (45 degree squat against the wall)
- 10x alternating reverse lunges (5 each leg)
- 10-sec Superman holds (arms can be brought in slightly next to ears)

### Day 5

- 10x wall squats
- 10x lateral shuffle squats (shuffle slowly)
- 10x glute bridges (bring feet closer to body)
- 10x triceps dips (use a stable chair, bring legs closer to body)
- 20-sec plank



Aim to meet the recommended minimum of 150-300 minutes of moderate-intensity aerobic physical activity and at least 2 days of muscle-strengthening activity weekly.



Discover more ways to stay active at [moveit.gov.sg](https://moveit.gov.sg) or download the H365 app now!



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## Intermediate

### Day 1

- 12x squats
- 12x push-ups
- 12x alternating forward lunges (6 each leg)
- 12x bicycle crunches
- 30-sec plank

### Day 2

- 12x lateral shuffle squats
- 12x glute bridges
- 12x triceps dips (use a stable chair)
- 20-sec Superman holds
- 12x mountain climbers

### Day 3

- 12x alternating forward lunges (6 each leg)
- 12x squats
- 24x calf raises (12 each leg)
- 12x bicycle crunches
- 30-sec plank

### Day 4

- 12x burpees
- 12x push-ups
- 30-sec isometric squat holds (45 degree squat holds)
- 12x glute bridges
- 20-sec Superman holds

### Day 5

- 12x squats
- 12x alternating forward lunges (6 each leg)
- 10x triceps dips (use a stable chair)
- 12x bicycle crunches
- 30-sec plank



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## Advanced

### Day 1

- 12x jump squats
- 12x push-ups (in a narrower stance or declined)
- 12x alternating jumping lunges (6 each leg)
- 15x bicycle crunches
- 30-sec plank
- 30-sec side plank (15 secs each side)

### Day 2

- 12x lateral shuffle squats with toe touch
- 12x single leg glute bridges (6 each side)
- 12x triceps dips with elevated legs (use a stable chair)
- 30-sec Superman holds
- 15x mountain climbers

### Day 3

- 12x alternating forward lunges (6 each leg)
- 15x jump squats
- 30x calf raises (15 each leg)
- 15x bicycle crunches
- 30-sec plank
- 30-sec side plank (15 secs each side)

### Day 4

- 12x burpees
- 15x push-ups (in a narrower stance or declined)
- 30-sec isometric parallel squat holds
- 12x glute bridges
- 30-sec Superman holds

### Day 5

- 15x lateral shuffle squats with toe touch
- 16x alternating jumping lunges (8 each leg)
- 15x triceps dips with elevated legs (use a stable chair)
- 15x bicycle crunches
- 30-sec plank
- 30-sec side plank (15 secs each side)



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