

5 Beginner-Friendly Workouts

Simple, equipment-light routines you can start today — at any level.

Before you begin

These five workouts are made to be simple and approachable for any woman — whether it's your very first week or you're easing back into a routine. Move at your own pace; good form always beats speed or heavy weight.

Warm up for about 5 minutes first (easy marching, arm circles, leg swings, a few slow bodyweight squats). **Rest** 30–60 seconds between sets, and take at least one full rest day between strength workouts. If anything causes sharp pain (not normal muscle effort), stop.

A quick safety note

Always check with your doctor before starting a new exercise program — especially if you have an injury, are pregnant, or have a medical condition. This guide is general guidance, not medical or personalized advice.

The Workouts

Pick whichever fits your day. Aim for 2–3 of these per week with rest days in between. You can use light dumbbells, water bottles, or a loaded backpack anywhere weights are mentioned.

Workout 1 — Full-Body Foundations

Focus: A gentle full-body start, no equipment needed.

- Bodyweight squats — 3 sets of 10–12 (sit back like into a chair, chest tall)
- Incline or knee push-ups — 3 sets of 6–10 (hands on a wall or sturdy surface to start)
- Glute bridges — 3 sets of 12–15 (squeeze your glutes at the top)
- Standing marches — 3 sets of 20 (drive knees up, keep your core braced)
- Plank hold — 3 sets of 15–30 seconds (straight line from head to heels)

Workout 2 — Lower Body & Glutes

Focus: Build strength in your legs and glutes.

- Sumo squats — 3 sets of 10–12 (toes slightly out, push through your heels)
- Reverse lunges — 3 sets of 8 per leg (step back, front knee over your ankle)
- Glute bridges — 3 sets of 15
- Calf raises — 3 sets of 15 (rise onto your toes, lower with control)
- Wall sit — 3 sets of 20–30 seconds

Workout 3 — Upper Body & Core

Focus: Strengthen your back, shoulders, arms, and middle.

- Incline or knee push-ups — 3 sets of 6–10
- Shoulder press with light weights or water bottles — 3 sets of 10
- Bent-over rows with a backpack or light weights — 3 sets of 10 (squeeze shoulder blades)
- Dead bug — 3 sets of 8 per side (keep your lower back flat)
- Plank shoulder taps — 3 sets of 10 per side

Workout 4 — Low-Impact Cardio & Core

Focus: Get your heart rate up, easy on the joints.

- Marching in place or a brisk walk — 3 minutes
- Step-touch / side steps — 2 sets of 1 minute
- Standing knee-to-elbow — 3 sets of 20
- Glute bridge march — 3 sets of 10 per side
- Lying leg lifts — 3 sets of 10 (lower slowly)

Workout 5 — Full-Body with Light Weights

Focus: An optional step up using light dumbbells.

- Goblet squat (hold one weight at your chest) — 3 sets of 10
- Romanian deadlift with light weights — 3 sets of 10 (hinge at the hips, soft knees)
- Shoulder press — 3 sets of 10
- Bent-over row — 3 sets of 10
- Plank hold — 3 sets of 20–30 seconds

How to keep going

- Aim for 2–3 workouts a week, with rest days in between.
- When a workout starts to feel easy, add a rep or two, an extra set, or a little more weight.
- Consistency beats perfection — showing up most weeks matters more than any single session.

- Pair your training with good sleep, water, and balanced meals for the best results.

Ready for a plan built around YOU?

Book a free consultation at fitnesswithmilagros.com and we'll build a routine that fits your goals, your schedule, and your body — in Denver or online.

This guide is general fitness information, not medical or personalized advice. Listen to your body and consult a professional with any concerns.