

Workout Checklist

How to structure one solid workout, plus a beginner-friendly weekly split.

Before You Start

- Decide today's focus, such as full body, upper, lower, or cardio
- Gather any equipment you need within reach
- Fill your water bottle and keep a towel nearby
- Eat a light snack beforehand if you need energy
 - A small snack 1 to 2 hours before can help longer sessions.
- Set a clear, realistic plan for the number of sets and reps

Warm Up

- Do 5 to 10 minutes of light cardio to raise your heart rate
- Perform dynamic stretches for the muscles you will train
- Add mobility drills for key joints
- Do a lighter practice set before your working sets
- Check that you have enough space and clear footing

Main Workout Sets

- Start with the most demanding compound exercises first
- Use good form throughout every rep
- Rest appropriately between sets to keep quality high
- Progress gradually by adding reps, sets, or resistance over time
 - Increase load slowly to keep progressing safely.
- Stop a set if your form breaks down or pain appears

Hydration and Energy

- Sip water throughout the session
- Take short breaks if you feel lightheaded or overheated
- Adjust intensity to how you feel that day
- Refuel with a balanced meal or snack afterward

Cool Down

- Do 5 minutes of light movement to lower your heart rate
- Stretch the muscles you worked, holding each gently
- Breathe slowly and let your body relax
- Note how the workout felt and any adjustments for next time

Simple Weekly Split

- Day 1: Full-body or upper-body strength workout
- Day 2: Cardio session at moderate intensity
- Day 3: Rest or gentle active recovery
- Day 4: Lower-body or full-body strength workout
- Day 5: Cardio plus mobility or flexibility work
- Day 6: Optional light activity or your favorite exercise

Day 7: Rest and recovery

Adjust the split to your schedule and recovery needs.

Important Reminder

- This checklist is general information, not medical advice
- Consult your doctor before starting a new workout program, especially with a health condition, injury, or pregnancy
- Stop and seek advice if you feel chest pain, severe shortness of breath, or dizziness