

Beginner Workout Plan

7-day weekly plan · Full body & cardio · for home, no prior experience

Welcome to AsVIVA! This plan will safely get you moving during your first few weeks – with short, manageable sessions. Two strength and two cardio days per week are completely sufficient to get started. What matters is not how hard you train, but **that you stay consistent**. Let's go!

YOUR TRAINING WEEK

DAY	FOCUS	SESSION	DURATION
Mon	Cardio	Brisk walking / treadmill	25 min
Tue	Strength	Full body – Workout A	25 min
Wed	Recovery	Stretching & Mobility	15 min
Thu	Cardio	Easy intervals	20 min
Fri	Strength	Full body – Workout B	25 min
Sat	Active	Walk / light movement	30 min
Sun	Rest day	Recover & refuel	—

WARM-UP · 5 MIN

- Easy walking in place
- Arm & hip circles, 10× each
- 10 bodyweight squats

COOL-DOWN · 5 MIN

- Stretch thighs & calves
- Open chest & back
- Hold each for 20–30 sec, breathe calmly

5 %
WELCOME

Your personal voucher code is waiting in your confirmation email – redeemable on your **first order** in the AsVIVA shop. Equip your training with the right gear.

WORKOUT A · TUESDAY

2–3 ROUNDS · 60 SEC. REST BETWEEN ROUNDS



Squats

Legs & glutes
12 reps



Lunges

Legs & balance
10 per leg



Crunches

Abs
12 reps



Knee push-ups

Chest & arms
8–10 reps



Plank

Core
20–30 sec.



Cool-down

easy on the spot
2 min.

WORKOUT B · FRIDAY

2–3 ROUNDS · 60 SEC. REST BETWEEN ROUNDS



Glute bridges

Glutes & lower back
15 reps



Standing scale

Posterior chain & balance
10 per side



Superman

Lower back
12 reps



Chair dips

Triceps
10 reps



Side plank

Lateral core
15–20 sec./side



Cool-down

easy on the spot
2 min.

DOSE YOUR CARDIO CORRECTLY

- Choose a pace where you could still **hold a conversation**.
- AsVIVA treadmill: 4–6 km/h, slight incline.
- Short and frequent is better than long and rare.

5 TIPS FOR GETTING STARTED

- 2–3 sessions per week are enough.
- Drink plenty of water.
- Increase gradually – week by week.
- Form over pace: proper execution.
- Listen to your body and give yourself breaks.

Good luck – your AsVIVA Team

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This workout plan serves general information purposes and does not replace medical advice. If in doubt, please consult your doctor before starting your training – especially in the case of pre-existing conditions, injuries, or prolonged inactivity. Training is done at your own risk.