



# THE AT-HOME RESTART

14-DAY FOUNDATION FOR WOMEN STARTING AGAIN

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BEGINNER FRIENDLY + NO EQUIPMENT NEEDED



This is a...

## **14-DAY BEGINNER FRIENDLY AT-HOME WORKOUT PLAN**

designed to rebuild strength, confidence, and momentum without overwhelming you.



You'll learn proper form and progressively challenge your body by increasing reps, improving control, and building intensity across the two weeks. By the end, you'll feel stronger, more capable, and more energised, not wrecked.

**Each workout includes just 4 simple exercises, so it actually fits into a busy schedule and is easy to stay consistent with.**

**If you're starting off more advanced:**

- Add resistance bands where suggested
- Slow down your reps
- Add an extra set
- Focus on control and form

**Rest for 60 seconds between sets.**

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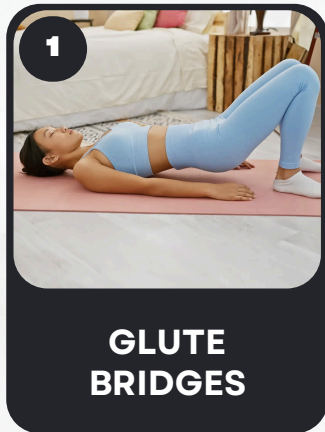
**DAY 13-14 (light activity day)**

# DAY 1

*Always stretch and cool down after workouts. Listen to your body and adjust by increasing or decreasing reps or sets based on your fitness level and progress.*



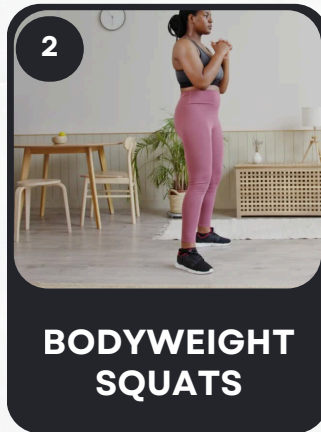
## FOCUS: LOWER BODY + GLUTES



**GLUTE BRIDGES**

**3** Sets

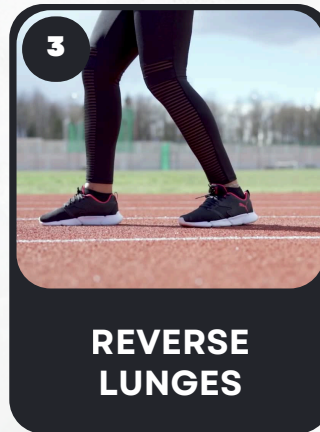
**10-12** Reps



**BODYWEIGHT SQUATS**

**3** Sets

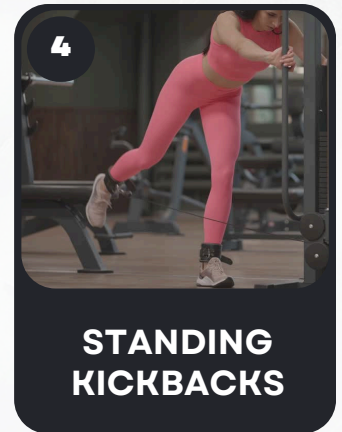
**10-12** Reps



**REVERSE LUNGES**

**3** Sets

**8-10** Reps



**STANDING KICKBACKS**

**3** Sets

**12-15** Reps

**Rest for 60 seconds between each set.**

Lie on your back with knees bent and feet flat on the floor.

Place your feet about hip-width apart and keep them close enough that you can touch your heels.

Lift your hips until your body forms a straight line from shoulders to knees.

Squeeze your glutes at the top and avoid arching your lower back.

Lower your hips slowly and repeat.

Stand with feet shoulder-width apart, toes slightly out.

Brace your core and keep chest tall.

Bend hips and knees, lowering until thighs are near parallel or as comfortable.

Keep knees lined with toes and weight in your heels.

Push through heels to return to standing and squeeze your glutes.

Stand tall with feet hip-width apart.

Step one foot back and lower both knees to about 90 degrees.

Keep chest lifted and core tight.

Push through the front heel to return to standing.

Switch legs and repeat.

Stand tall and hold onto a wall or chair for balance.

Keep your upper body steady and core engaged.

Extend one leg straight back without arching your lower back.

Squeeze your glutes at the top.

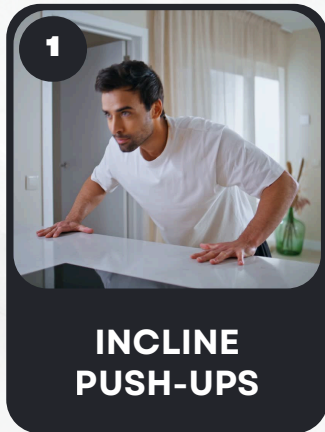
Lower the leg slowly and repeat.

# DAY 2

*Always stretch and cool down after workouts. Listen to your body and adjust by increasing or decreasing reps or sets based on your fitness level and progress.*



## FOCUS: UPPER BODY



**1**  
**INCLINE  
PUSH-UPS**

**3** Sets

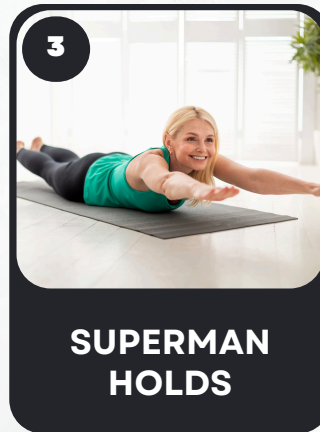
**8-10** Reps



**2**  
**PLANK  
SHOULDER  
TAPS**

**3** Sets

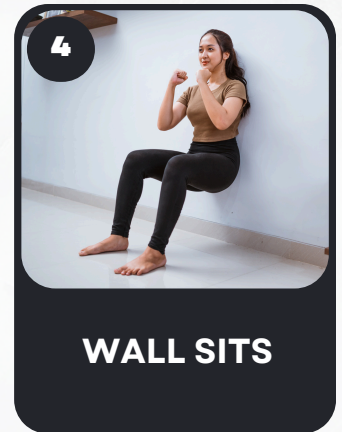
**12-15** Reps



**3**  
**SUPERMAN  
HOLDS**

**3** Sets

**20-30** Sec



**4**  
**WALL SITS**

**3** Sets

**20-30** Sec

**Rest for 60 seconds between each set.**

Place your hands on a wall, bench, or chair.

Walk your feet back until your body forms a straight line.

Brace your core and keep your hips level.

Lower your chest toward your hands.

Push through your palms to return to the starting position.

Start in a plank with hands under shoulders.

Keep your body in a straight line from head to heels.

Brace your core and avoid rocking your hips.

Lift one hand and tap the opposite shoulder.

Alternate sides in a controlled way.

Lie face down with arms and legs extended.

Brace your core and squeeze your glutes.

Lift your chest, arms, and legs slightly off the floor.

Keep your neck neutral and eyes looking down.

Hold the position while breathing steadily.

Stand with your back flat against a wall.

Walk your feet forward about 1-2 feet away from the wall.

Slide your back down the wall until your thighs are parallel to the floor, or as low as comfortable.

Brace your core and keep your chest tall.

Hold the position while breathing steadily.

# DAY 3

*Rest is not a setback. It is part of the plan. Listening to your body and staying consistent over time will lead to better results than doing too much at once.*

## FOCUS: REST & LIGHT MOVEMENT



## REST DAYS ARE KEY TO GETTING RESULTS.

When you train, your muscles are placed under stress. **Your body actually gets stronger and more toned during recovery**, not just during workouts. Taking rest days helps prevent burnout, reduce soreness, and lower your risk of injury so you can stay consistent long-term.

On rest days, we encourage light movement instead of complete inactivity. This is called active recovery. **Gentle activity helps improve circulation, reduce stiffness, boost energy, and support fat loss without adding extra stress to your body.**

**You do not need intense cardio. The goal is simply to stay moving in a way that feels good.**

## SIMPLE IDEAS FOR LIGHT MOVEMENT TODAY

Walking outside

Light treadmill walking

Yard work or gardening

Easy bike riding

Stretching or yoga

Light swimming

Dancing

Playing with kids or pets

Cleaning around the house

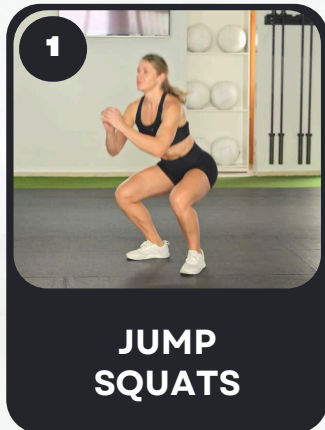
**Even small amounts of movement add up and support your progress.**

# DAY 4

*Always stretch and cool down after workouts. Listen to your body and adjust by increasing or decreasing reps or sets based on your fitness level and progress.*



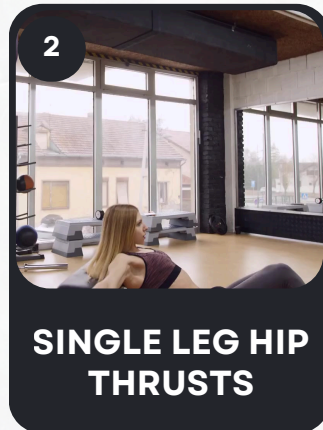
## FOCUS: LOWER BODY + GLUTES



**JUMP SQUATS**

**3** Sets

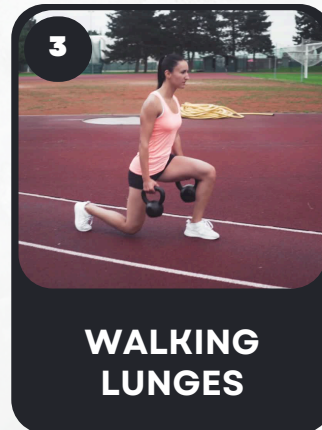
**8-10** Reps



**SINGLE LEG HIP THRUSTS**

**3** Sets

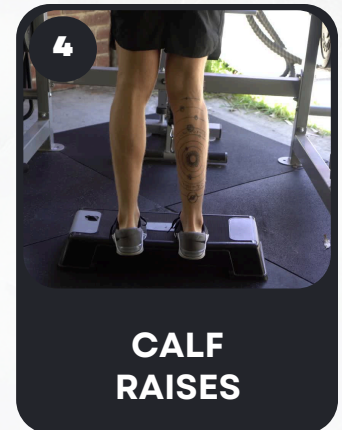
**12-15** Reps



**WALKING LUNGES**

**3** Sets

**8-10** Reps



**CALF RAISES**

**3** Sets

**15-20** Reps

**Rest for 60 seconds between each set.**

Stand with feet shoulder-width apart, toes slightly out.

Brace your core and lower into a squat.

Keep your chest tall and weight in your heels.

Push through your heels and jump upward.

Land softly and lower back into the next squat.

Go at a comfortable pace and focus on control.

Sit on the floor with your upper back against a couch or bench.

Bend your knees and place your feet flat on the floor.

Brace your core and press your heel into the ground.

Lift your hips to bring your other leg up.

Squeeze your glutes at the top for 1-2 seconds.

Lower your hips slowly and repeat.

Stand tall with feet hip-width apart.

Step forward into a lunge, lowering both knees.

Keep your chest lifted and core tight.

Push through your front heel and bring your back foot forward.

Continue stepping forward into the next lunge.

Advanced: Slow the lowering phase.

Stand tall with feet hip-width apart.

Hold onto a wall or chair if needed for balance.

Rise up onto the balls of your feet, lifting your heels.

Pause briefly at the top and squeeze your calves.

Lower your heels slowly back to the floor.

Repeat with control.

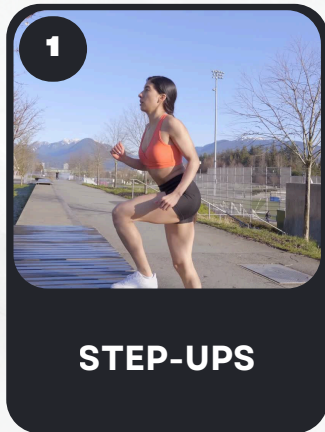
Advanced: Perform on a step for a deeper stretch.

# DAY 5

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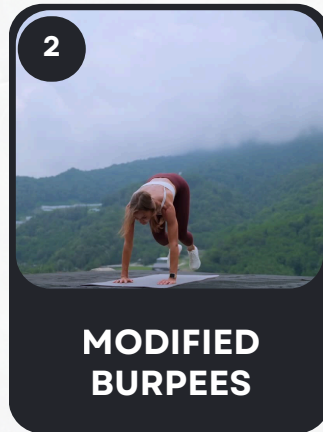
## FOCUS: FULL BODY



**STEP-UPS**

**3** Sets

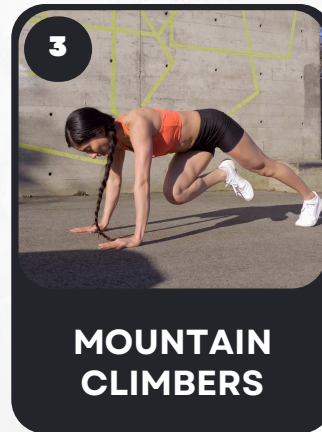
**10-12** Reps



**MODIFIED BURPEES**

**3** Sets

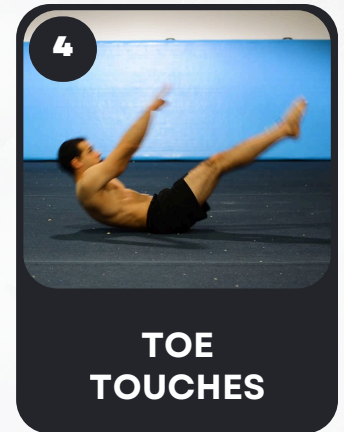
**6-10** Reps



**MOUNTAIN CLIMBERS**

**3** Sets

**20-30** Reps



**TOE TOUCHES**

**3** Sets

**12-15** Reps

**Rest for 60 seconds between each set.**

Stand in front of a sturdy step, box, or staircase.

Place one foot fully on the step.

Push through your heel and lift your body up.

Bring the other foot up to stand tall.

Step back down slowly with control.

Switch legs and repeat.

Stand tall and lower into a squat.

Place your hands on the floor.

Step your feet back into a plank position.

Keep your core tight and body in a straight line.

Step your feet back forward toward your hands.

Stand up and reach overhead.

Move at a steady, controlled pace.

Start in a plank position with hands under shoulders.

Brace your core and keep hips level.

Drive one knee toward your chest.

Switch legs in a steady rhythm.

Focus on control instead of speed.

Lie on your back with legs straight up toward the ceiling.

Reach your arms up toward your toes.

Lift your shoulders slightly off the floor.

Keep your lower back pressed into the ground.

Lower down with control and repeat.

# DAY 6-7

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## FOCUS: REST & LIGHT MOVEMENT



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## SIMPLE IDEAS FOR LIGHT MOVEMENT TODAY

Walking outside

Light treadmill walking

Yard work or gardening

Easy bike riding

Stretching or yoga

Light swimming

Dancing

Playing with kids or pets

Cleaning around the house

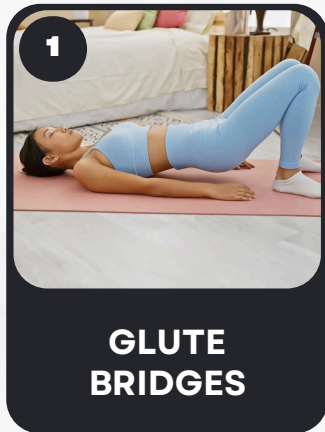
**Even small amounts of movement add up and support your progress.**

# DAY 8

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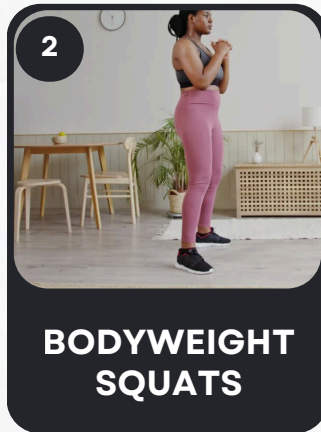
## FOCUS: LOWER BODY + GLUTES



**GLUTE BRIDGES**

**3** Sets

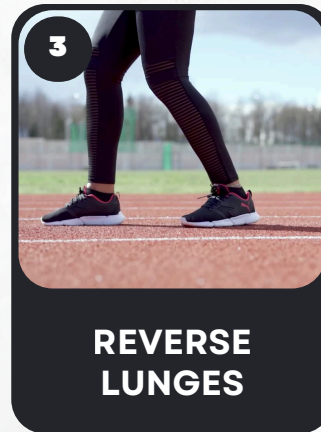
**12-15** Reps



**BODYWEIGHT SQUATS**

**3** Sets

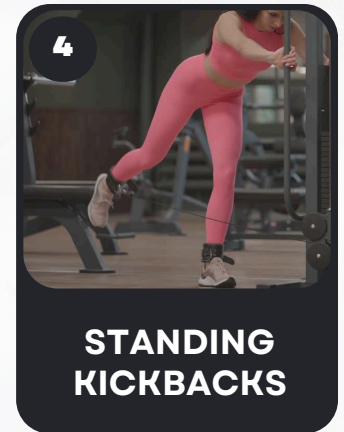
**12-15** Reps



**REVERSE LUNGES**

**3** Sets

**12-15** Reps



**STANDING KICKBACKS**

**3** Sets

**15-20** Reps

**Rest for 60 seconds between each set.**

Lie on your back with knees bent and feet flat on the floor.

Place your feet about hip-width apart and keep them close enough that you can touch your heels.

Lift your hips until your body forms a straight line from shoulders to knees.

Squeeze your glutes at the top and avoid arching your lower back.

Lower your hips slowly and repeat.

Stand with feet shoulder-width apart, toes slightly out.

Brace your core and keep chest tall.

Bend hips and knees, lowering until thighs are near parallel or as comfortable.

Keep knees lined with toes and weight in your heels.

Push through heels to return to standing and squeeze your glutes.

Stand tall with feet hip-width apart.

Step one foot back and lower both knees to about 90 degrees.

Keep chest lifted and core tight.

Push through the front heel to return to standing.

Switch legs and repeat.

Stand tall and hold onto a wall or chair for balance.

Keep your upper body steady and core engaged.

Extend one leg straight back without arching your lower back.

Squeeze your glutes at the top.

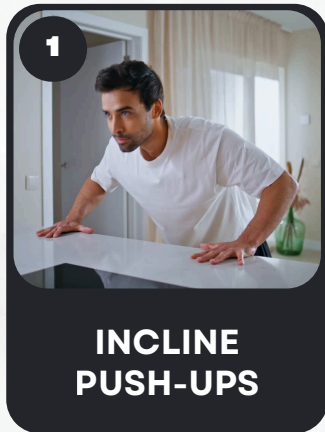
Lower the leg slowly and repeat.

# DAY 9

*Always stretch and cool down after workouts. Listen to your body and adjust by increasing or decreasing reps or sets based on your fitness level and progress.*



## FOCUS: UPPER BODY



**1**  
**INCLINE  
PUSH-UPS**

**3** Sets

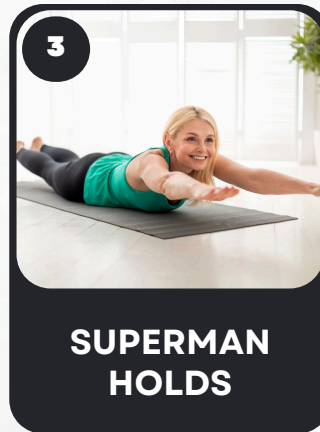
**10-12** Reps



**2**  
**PLANK  
SHOULDER  
TAPS**

**3** Sets

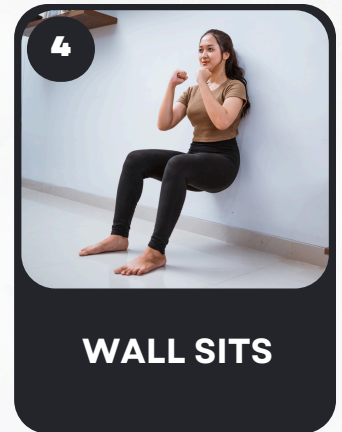
**15-20** Reps



**3**  
**SUPERMAN  
HOLDS**

**3** Sets

**30-40** Sec



**4**  
**WALL SITS**

**3** Sets

**30-40** Sec

**Rest for 60 seconds between each set.**

Place your hands on a wall, bench, or chair.

Walk your feet back until your body forms a straight line.

Brace your core and keep your hips level.

Lower your chest toward your hands.

Push through your palms to return to the starting position.

Start in a plank with hands under shoulders.

Keep your body in a straight line from head to heels.

Brace your core and avoid rocking your hips.

Lift one hand and tap the opposite shoulder.

Alternate sides in a controlled way.

Lie face down with arms and legs extended.

Brace your core and squeeze your glutes.

Lift your chest, arms, and legs slightly off the floor.

Keep your neck neutral and eyes looking down.

Hold the position while breathing steadily.

Stand with your back flat against a wall.

Walk your feet forward about 1-2 feet away from the wall.

Slide your back down the wall until your thighs are parallel to the floor, or as low as comfortable.

Brace your core and keep your chest tall.

Hold the position while breathing steadily.

# DAY 10

*Rest is not a setback. It is part of the plan. Listening to your body and staying consistent over time will lead to better results than doing too much at once.*

## FOCUS: REST & LIGHT MOVEMENT



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## SIMPLE IDEAS FOR LIGHT MOVEMENT TODAY

Walking outside

Light treadmill walking

Yard work or gardening

Easy bike riding

Stretching or yoga

Light swimming

Dancing

Playing with kids or pets

Cleaning around the house

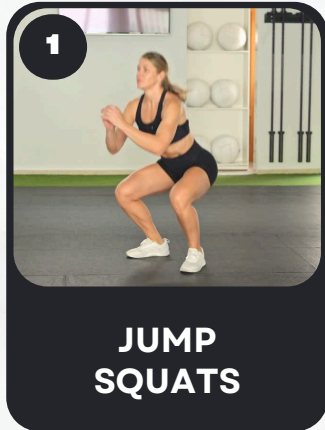
**Even small amounts of movement add up and support your progress.**

# DAY 11

*Always stretch and cool down after workouts. Listen to your body and adjust by increasing or decreasing reps or sets based on your fitness level and progress.*



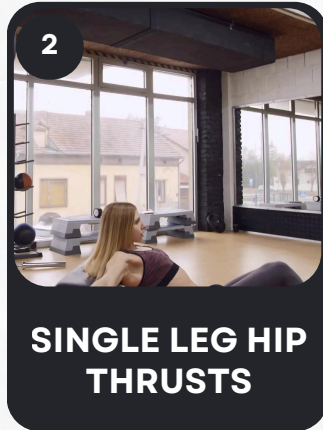
## FOCUS: LOWER BODY + GLUTES



**JUMP SQUATS**

**3** Sets

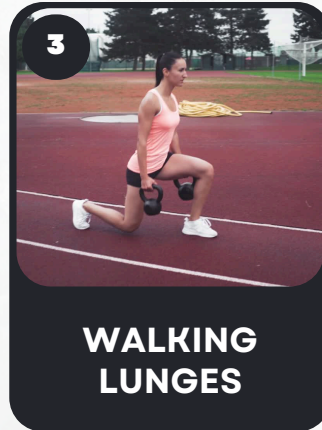
**10-12** Reps



**SINGLE LEG HIP THRUSTS**

**3** Sets

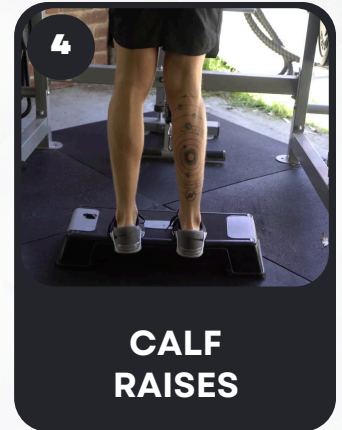
**15-20** Reps



**WALKING LUNGES**

**3** Sets

**10-12** Reps



**CALF RAISES**

**3** Sets

**20-30** Reps

**Rest for 60 seconds between each set.**

Stand with feet shoulder-width apart, toes slightly out.

Brace your core and lower into a squat.

Keep your chest tall and weight in your heels.

Push through your heels and jump upward.

Land softly and lower back into the next squat.

Go at a comfortable pace and focus on control.

Sit on the floor with your upper back against a couch or bench.

Bend your knees and place your feet flat on the floor.

Brace your core and press your heel into the ground.

Lift your hips to bring your other leg up.

Squeeze your glutes at the top for 1-2 seconds.

Lower your hips slowly and repeat.

Stand tall with feet hip-width apart.

Step forward into a lunge, lowering both knees.

Keep your chest lifted and core tight.

Push through your front heel and bring your back foot forward.

Continue stepping forward into the next lunge.

Advanced: Slow the lowering phase.

Stand tall with feet hip-width apart.

Hold onto a wall or chair if needed for balance.

Rise up onto the balls of your feet, lifting your heels.

Pause briefly at the top and squeeze your calves.

Lower your heels slowly back to the floor.

Repeat with control.

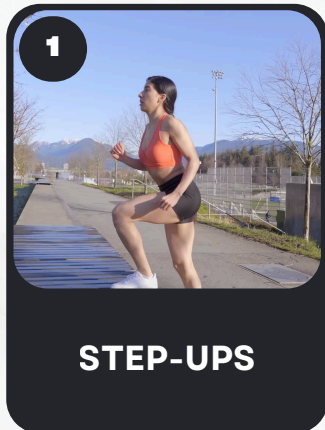
Advanced: Perform on a step for a deeper stretch.

# DAY 12

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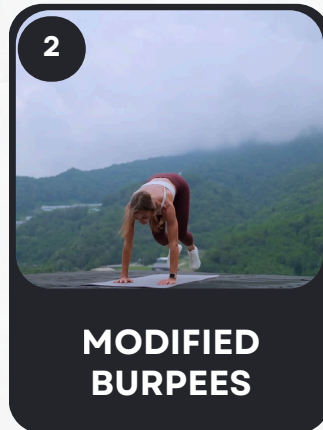
## FOCUS: FULL BODY



**STEP-UPS**

**3** Sets

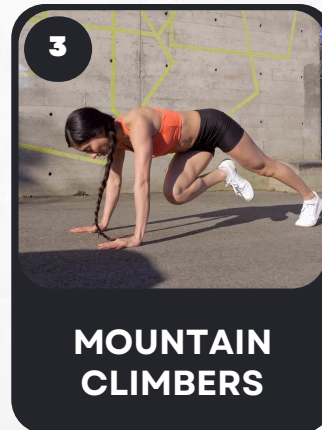
**12-15** Reps



**MODIFIED BURPEES**

**3** Sets

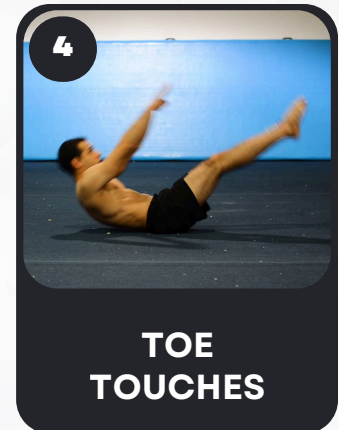
**10-12** Reps



**MOUNTAIN CLIMBERS**

**3** Sets

**30-40** Reps



**TOE TOUCHES**

**3** Sets

**15-20** Reps

**Rest for 60 seconds between each set.**

Stand in front of a sturdy step, box, or staircase.

Place one foot fully on the step.

Push through your heel and lift your body up.

Bring the other foot up to stand tall.

Step back down slowly with control.

Switch legs and repeat.

Stand tall and lower into a squat.

Place your hands on the floor.

Step your feet back into a plank position.

Keep your core tight and body in a straight line.

Step your feet back forward toward your hands.

Stand up and reach overhead.

Move at a steady, controlled pace.

Start in a plank position with hands under shoulders.

Brace your core and keep hips level.

Drive one knee toward your chest.

Switch legs in a steady rhythm.

Focus on control instead of speed.

Lie on your back with legs straight up toward the ceiling.

Reach your arms up toward your toes.

Lift your shoulders slightly off the floor.

Keep your lower back pressed into the ground.

Lower down with control and repeat.

# DAY 13-14

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Easy bike riding

Stretching or yoga

Light swimming

Dancing

Playing with kids or pets

Cleaning around the house

**Even small amounts of movement add up and support your progress.**

# READY FOR MORE?

If you've made it this far, you've already proven something to yourself. You can stay consistent. You can show up. And you can create real change.

The biggest results happen when you continue building on the habits and strength you've started.

If you're ready to take things to the next level and want a personalised workout plan along with personalised nutritional guidance, click the link below.

[www.mindfitwithmel.com](http://www.mindfitwithmel.com)

