

2-Day Guided Medical-Fitness Workout Plan for All Body Types

Day 1: Full-Body Strength & Stability

Warm-Up (5-10 minutes):

Arm Circles (1 minute forward, 1 minute backward)

Leg Swings (1 minute forward-backward, 1 minute side-to-side)

March in Place (2 minutes)

Workout Routine:

Squat to Chair (3 sets of 12 reps)

Sit back into a chair, ensuring knees are behind toes.

Stand up and repeat.

Focus on controlled movements and proper alignment.

Seated Row with Resistance Band (3 sets of 15 reps)

Sit tall, feet anchored, hold band handles with both hands.

Pull the handles towards your torso, elbows close to your body.

Engage core and back muscles.

Glute Bridge (3 sets of 15 reps)

Lie on your back with knees bent, feet flat.

Lift hips towards the ceiling, squeezing glutes at the top.

Ensure your back remains neutral.

Modified Push-Ups (Knee or Wall) (3 sets of 10-12 reps)

Perform push-ups on your knees or against a wall if necessary.

Focus on keeping your core engaged and a straight body line.

Standing Side Leg Raises (3 sets of 12 reps per side)

Stand tall, hold onto a sturdy object for balance.

Lift one leg to the side, keeping the leg straight.

Activate glutes and avoid leaning to the side.

Plank (Modified if needed) (3 sets of 20-30 seconds)

Hold a plank position on your forearms and toes (or knees for modification).

Ensure your body forms a straight line from head to toe, engaging the core.

Cool-Down (5-10 minutes):

Gentle Stretching: Focus on hamstrings, quads, chest, and shoulders.

Deep Breathing: 3-5 deep breaths to relax the body.

Day 2: Low-Impact Strength & Mobility

Warm-Up (5-10 minutes):

Gentle Marching in Place (2 minutes)

Shoulder Rolls (1 minute)

Hip Circles (1 minute each direction)

Workout Routine:

Wall Squats (3 sets of 12 reps)

Stand with your back against a wall, feet shoulder-width apart.

Lower your body as if sitting in a chair, keeping knees over ankles.

Focus on activating the glutes and quads.

Standing Bicep Curls with Dumbbells (3 sets of 12 reps)

Hold light dumbbells with palms facing forward.

Curl the weights toward your shoulders, keeping elbows close to your body.

Avoid swinging your body during the movement.

Step-Ups (3 sets of 10 reps per leg)

Use a sturdy step or bench.

Step one leg up, then bring the other leg to meet it.

Use your leg muscles to lift, avoiding pushing off with the back leg.

Chest Opener Stretch (3 sets of 20 seconds)

Stand with feet hip-width apart.

Clasp your hands behind your back and straighten arms.

Stretch your chest and shoulders, holding for 20 seconds.

Side-Lying Leg Lifts (3 sets of 12 reps per side)

Lie on your side with legs stacked.

Lift the top leg while keeping it straight.

Activate your outer thighs and glutes.

Superman Pose (3 sets of 15 seconds hold)

Lie face down with arms extended forward.

Lift both your arms and legs off the ground simultaneously, engaging the lower back.

Focus on squeezing your glutes and lower back muscles.

Cool-Down (5-10 minutes):

Neck Stretches: Gentle tilts side-to-side (1 minute each).

Seated Forward Bend: Stretch hamstrings and lower back.

Deep Breathing: Focus on slow inhales and exhales to relax the body.

Our Mission

Our mission is to help you:

Reduce inflammation and manage chronic conditions

Build healthy habits without restriction

Finally feel vibrant, confident, and in control of your body

Because at HealGenix, it's not about diets. It's about creating a personalized roadmap to health that truly lasts.