ONE JENIUS

21-DAY MOVEMENT PLAN

SIMPLE WORKOUTS & DAILY MOVEMENT



HOW TO USE THIS PLAN

OF HEALTHY FAT LOSS

This 21-day movement plan is designed to help you build consistency, improve strength, and support fat loss in a simple, realistic way.

You don’t need equipment, a gym membership, or perfect conditions. Just show up, follow the structure, and focus on doing your best each day.



HOW IT WORKS

- Each week includes 4 workout days
- Each workout includes 6 simple exercises
- Sessions take approximately 15–25 minutes
- Rest days can include light movement (walking, stretching)

Follow the days in order, but feel free to adjust based on your schedule.

IMPORTANT GUIDELINES

- Move at your own pace
- Focus on form over speed
- Take short breaks when needed
- Stay consistent rather than perfect

Small daily effort leads to real results over time.

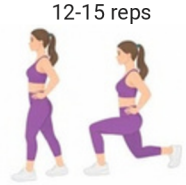
WHAT TO EXPECT

- Improved strength, stability, and overall body control
- Better daily energy levels and movement confidence
- Increased comfort with simple, consistent exercise
- A realistic routine that feels manageable and easier to stick to

WEEK 1 MOVEMENT PLAN

DAY 1 — LEGS & GLUTES

Glute Bridges
12-15 reps


Reverse Lunges
12-15 reps


Donkey kicks
12-15 reps


Wall sit
12-15 reps


Step Back Lunges
12-15 reps


Glute Kickbacks
12–15 reps per leg


DAY 2 — UPPER BODY

Wall push-ups
12-15 reps


Arm circles
20–30 sec


Tricep dips on chair
12-15 reps


Shoulder taps
12-15 reps


Superman hold
12-15 reps


Incline Push-Ups
12-15 reps


DAY 3 — LIGHT CARDIO + CORE

Brisk walk
15–20 min


Dead bug
10 reps/side


Heel taps
12 reps/side


Plank hold
20–30 sec


High Knees March
12-15 reps


Mountain Climbers
20–30 sec


DAY 4 — TOTAL BODY

Squats
12-15 reps


Wall push-ups
12-15 reps


Glute bridges
12-15 reps


Bird-dog
10–12/side


March in place
30–45 sec


Plank hold
12-15 reps

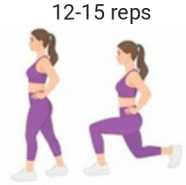

WEEK 2 MOVEMENT PLAN

DAY 1 — LEGS & GLUTES

Glute Bridges
12-15 reps



Reverse Lunges
12-15 reps



Bodyweight Squats
12-15 reps



Wall sit
12-15 reps



Fire Hydrants
12–15 reps per leg



Glute Kickbacks
12–15 reps per leg



DAY 2 — UPPER BODY

Wall push-ups
12-15 reps



Arm circles
20–30 sec



Knee Push-Ups
10–12 reps



Shoulder taps
12-15 reps



Superman hold
12-15 reps



Plank Shoulder Taps
12-15 reps



DAY 3 — LIGHT CARDIO + CORE

Brisk walk
15–20 min



Dead bug
10 reps/side



Heel taps
12 reps/side



Plank hold
20–30 sec



Leg Raises
12–15 reps per side



Standing Knee-to-Elbow
12–15 reps per side



DAY 4 — TOTAL BODY

Squats
12-15 reps



Wall push-ups
12-15 reps



Glute bridges
12-15 reps



Bird-dog
10–12/side



Step Back Lunges
12 reps per leg



Standing Calf Raises
20 reps



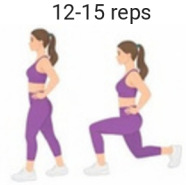
WEEK 3 MOVEMENT PLAN

DAY 1 — LEGS & GLUTES

Single-Leg Glute Bridges
10–12 reps per leg



Reverse Lunges
12-15 reps



Bodyweight Squats
12-15 reps



Wall sit
12-15 reps



Fire Hydrants
12–15 reps per leg



Standing Calf Raises
20 reps



DAY 2 — UPPER BODY

Tricep dips on chair
12-15 reps



Pike Push-Ups
8–10 reps



Knee Push-Ups
10–12 reps



Shoulder taps
12-15 reps



Superman hold
12-15 reps



Plank Shoulder Taps
12-15 reps



DAY 3 — LIGHT CARDIO + CORE

Brisk walk
15–20 min



Dead bug
10 reps/side



Heel taps
12 reps/side



Plank hold
20–30 sec



Leg Raises
12–15 reps per side



Standing Knee-to-Elbow
12–15 reps per side



DAY 4 — TOTAL BODY

Squats
12-15 reps



Wall push-ups
12-15 reps



Glute bridges
12-15 reps



Bird-dog
10–12/side



Step Back Lunges
12 reps per leg



Standing Calf Raises
15–20 reps



YOU MADE IT!

Completing this 21-day movement plan is a powerful step toward building a healthier, stronger version of yourself. What matters most is not perfection — it's consistency.

Let's connect!

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