

URBAN NUTRITION SHOP

The 20-Minute At-Home Fitness Program

A 4-week beginner plan. Three short workouts a week, zero equipment, zero gym anxiety. Every move has a gentle starting version and a simple way to level up.

WHAT YOU NEED

- A patch of floor about the size of a beach towel
- A sturdy chair and a bit of wall space
- A water bottle (you knew that one was coming)
- 20 minutes, 3 days a week - that's the whole ask

This program offers general fitness guidance for healthy adults and is not personalized training or medical advice. Check with your physician before beginning this or any exercise program, and stop any movement that causes pain.

How the program works

Same three workouts all four weeks. You get better - the plan gets harder.

Your weekly rhythm

- Workout A, B, and C once each week, with at least one rest day in between.
- Example: A on Monday, B on Wednesday, C on Friday or Saturday.
- Every session: 3-minute warm-up + the circuit + 3-minute cool-down = about 20 minutes.

The 4-week progression

WEEK	FOCUS	ROUNDS	PACE
Week 1	Learn the moves	2 rounds	30 sec work / 30 sec rest
Week 2	Find your rhythm	3 rounds	30 sec work / 30 sec rest
Week 3	Build endurance	3 rounds	40 sec work / 20 sec rest
Week 4	Own it	4 rounds	40 sec work / 20 sec rest

Warm-up (3 min)

- March in place - 60 sec
- Arm circles + shoulder rolls - 60 sec
- Slow bodyweight good mornings - 60 sec

Cool-down (3 min)

- Standing quad stretch - 30 sec each side
- Doorway chest stretch - 60 sec
- Slow deep breathing, hands on ribs - 60 sec

HOW HARD SHOULD IT FEEL?

Use the talk test: you should be able to speak in short sentences, but not sing. If you can sing, push a little more. If you can't talk at all, ease off. Rest anytime you need - pausing is part of the plan.

The workouts: A and B

Do the moves in order, then rest and repeat for your week's round count.

A Workout A - Lower Body Basics

MOVE	START HERE	LEVEL UP
Chair squats	Sit back to tap a sturdy chair, stand tall	Bodyweight squats, no chair
Glute bridges	Lie on your back, lift hips, squeeze at the top	Hold 2 seconds at the top
Calf raises	Rise onto your toes, lower with control	Do them one leg at a time
March in place	Lift knees to a comfortable height, swing arms	Pick up the pace, higher knees

B Workout B - Upper Body & Core

MOVE	START HERE	LEVEL UP
Wall push-ups	Hands on wall at shoulder height, body in a line	Move to a counter, then knees
Bird dogs	On all fours, extend opposite arm and leg	Pause 2 seconds fully extended
Dead bugs	On your back, lower opposite arm and leg slowly	Slow it down even more
Arm circles	Big, controlled circles, both directions	Hold light water bottles

The workouts: C, plus your schedule

One more circuit, then map your month.

C

Workout C - Full Body Flow

MOVE	START HERE	LEVEL UP
Step-backs	Step one foot back, tap, return - alternate	Lower into a gentle lunge
Knee plank	Forearms down, knees down, straight line	Full plank on toes
Standing knee raises	Drive one knee up, tap with opposite hand	Add a light hop between reps
Wall sit	Back flat on wall, slide down as comfortable	Slide lower, hold longer

Suggested month at a glance

Shift days to fit your life - just keep a rest day between workouts.

	MONDAY	WEDNESDAY	FRIDAY
Week 1	A - Lower (2 rounds)	B - Upper/Core (2 rounds)	C - Full Body (2 rounds)
Week 2	A - Lower (3 rounds)	B - Upper/Core (3 rounds)	C - Full Body (3 rounds)
Week 3	A - Lower (3 rounds)	B - Upper/Core (3 rounds)	C - Full Body (3 rounds)
Week 4	A - Lower (4 rounds)	B - Upper/Core (4 rounds)	C - Full Body (4 rounds)

Program tracker

Twelve sessions in the month. Check each one off - consistency is the win.

	Workout A	Workout B	Workout C
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

End-of-program reflection

The move that got noticeably easier:

A moment I almost skipped, but didn't:

What I want month two to look like:

FUEL THE WORK

Pair your workouts with the 7-Day Shake & Meal Planner recipes - movement and nutrition work best together.

Shop the lineup: urbannutritionshop.herbalife.com/en-us/u

Beginner questions, honest answers

The stuff everyone wonders and nobody asks.

I missed a workout. Did I ruin it?

No. Do it the next day, or just pick up where the schedule says. One missed session never matters; quitting over one missed session does.

I'm sore. Should I still work out?

Mild soreness is normal, especially in weeks 1-2 - moving gently usually helps. Sharp pain or pain in a joint is different: rest, and see a professional if it sticks around.

The Level Up version is too hard.

Then it's not time yet - and that's fine. The Start Here version counts fully. Some people stay there all four weeks and still finish stronger than they began.

Can I do more than 3 days a week?

In month one, add walks on off days instead of extra circuits. Recovery is where the progress actually happens.

What do I do after week 4?

Run it again with the Level Up versions as your new starting point - or reply to the email this came from and we'll talk next steps.
