

Printable Workout Cards — At-Home, Equipment-Free Routines

These printable workout cards are designed to help beginners, seniors, and busy people stay active at home without any equipment. Use them to track your workouts, mix routines, and stay motivated. Print them, laminate if desired, and place them somewhere visible.

7-Minute Full-Body Blast

Exercise	Duration/Reps	Modifications
Jumping Jacks	45 sec	Step jacks for beginners/seniors
Squats	12 reps	Chair squats if needed
Pushups	10 reps	Knee pushups or wall pushups
Plank	30 sec	Knee plank or wall plank

Low-Impact Mobility Routine (Seniors)

Exercise	Duration/Reps	Notes
Seated Marches	1 min	Lift knees gently while seated
Gentle Stretching	2 min	Neck, shoulders, back stretches
Wall Pushups	10 reps	Hands on wall, slow pace

Quick Core Fix (Busy People)

Exercise	Duration/Reps	Notes
Plank	30 sec	Knee plank if needed
Bicycle Crunches	12 reps per side	Slow and controlled
Mountain Climbers	30 sec	Step instead of run for beginners
Seated Leg Lifts	12 reps	Sit on chair, lift legs one at a time
Side Plank	15 sec per side	Knee side plank modification

Stretch & Flex for Beginners

Exercise	Duration/Reps	Notes
Hamstring Stretch	20 sec per leg	Seated or standing
Quad Stretch	20 sec per leg	Hold onto chair if needed
Shoulder Stretch	20 sec	Across body stretch
Neck Stretch	15 sec per side	Gentle tilt

Weekly Workout Tracker & Notes

Use this space to plan your weekly workouts, track completed exercises, and jot down personal notes or goals. Staying consistent is key!