



Foundations: the 4-week bodyweight plan

Three short sessions a week for four weeks, no equipment, every movement illustrated — the same plan the app gives every new user for free.

Foundations is the plan Lamplit gives you on day one: a four-week on-ramp built around four fundamental patterns — squat, push, hinge and brace — at a dose a beginner can actually recover from. Two full-body strength days, one core day and a Sunday mobility flow — roughly seven to twenty minutes each, sixteen sessions in total, nothing to buy.

This is that plan on paper. Every movement links to its illustrated guide in the free Movement Library, the calendar has a box for each session, and the rules page tells you when to make it harder. In the app the same plan runs with a guided session runner that counts your reps and rests; on paper, you do.

The three sessions

Every movement is bodyweight and scalable. If a set feels easy by the last round, the progression rules on the next page tell you what to change.

Full-Body Foundations

Mon · Thu · about 17 min

Strength — squat, push, hinge and brace at beginner dosage

WARM-UP

- ☐ Arm Circles 30 s
- ☐ Jumping Jack 45 s
- ☐ Hip Hinge × 8
- ☐ Cat-Cow 30 s

MAIN SET — 3 ROUNDS

- ☐ Chair Squat × 10
- ☐ Knee Push-Up × 8
- ☐ Glute Bridge × 12
- ☐ Dead Bug × 10

Rest 60 s

COOL-DOWN

- ☐ Hamstring Stretch 30 s
- ☐ Quad Stretch 30 s
- ☐ Child's Pose 45 s

Core Essentials

Tue · about 15 min

Core stability — no sit-up marathons, just the movements that matter

WARM-UP

- ☐ Cat-Cow 30 s
- ☐ Bird Dog × 8

MAIN SET — 3 ROUNDS

- ☐ Dead Bug × 10
- ☐ Knee Plank 30 s
- ☐ Bird Dog × 10
- ☐ Bicycle Crunch × 16

Rest 45 s

COOL-DOWN

- ☐ Cobra Stretch 30 s
- ☐ Child's Pose 40 s

Morning Mobility

Sun · about 7 min

A gentle head-to-toe flow to loosen the spine and hips

MAIN SET

- ☐ Cat-Cow 45 s
- ☐ Downward Dog 30 s
- ☐ World's Greatest Stretch 60 s
- ☐ Hip Flexor Stretch 40 s
- ☐ Hamstring Stretch 40 s
- ☐ Cobra Stretch 30 s
- ☐ Arm Circles 30 s
- ☐ Neck Stretch 30 s
- ☐ Child's Pose 45 s

Four-week calendar

Tick a session when you finish it. Sixteen ticks is the whole plan. Miss one? Do it the next free day and carry on — never double up.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Full body ☐	Core ☐		Full body ☐			Mobility ☐
Week 2	Full body ☐	Core ☐		Full body ☐			Mobility ☐
Week 3	Full body ☐	Core ☐		Full body ☐			Mobility ☐
Week 4	Full body ☐	Core ☐		Full body ☐			Mobility ☐

Form, progression and recovery

The plan works if you do all sixteen sessions at the right dose. It does not work faster if you do them harder.

- ☐ Form before reps. Check the illustrated guide for each movement before the first session, and again if something feels wrong.
- ☐ Make it harder only when the last round feels easy: add two reps, then move to the next progression — chair squat to bodyweight squat, knee push-up to push-up. Light loads build muscle when taken close to effort. ^[3]
- ☐ Take the rest. Sixty seconds between rounds is part of the programme, not a pause in it.

- ☐ Mild soreness for a day or two in week one is normal. Sharp pain or joint pain is not — stop and get it looked at.
- ☐ Walk on the other days. Daily step count tracks with lower mortality on its own, independent of intensity. ^[4]
- ☐ Two strength sessions a week is exactly what the WHO guideline asks for, and muscle-strengthening activity is associated with 10–17% lower all-cause mortality. ^{[1][2]}

How to use it

- 1 Open the illustrated guide for each movement once before you start — the Movement Library on this site has every one of them, free.
- 2 Monday and Thursday: Full-Body Foundations. Tuesday: Core Essentials. Sunday: Morning Mobility. Walk on the other days.
- 3 Follow the reps and rests as written for week one, even if they feel easy. Progress from week two using the rules page.
- 4 Tick the calendar after every session. Sixteen ticks is the plan.
- 5 In Lamplit, the same plan runs in the free Train tab with a guided session runner — timers, rest countdowns, rep counts — and every session is logged as a workout automatically.

Prefer your phone to paper?

The same training plan is built into Lamplit, free: it logs the entries for you and keeps sleep, mood, food and training in one place. Web, iPhone, Android, Apple Watch and Wear OS.

lamplit.ai — free account, no credit card

Sources

Where an item rests on a specific source, the number in brackets points to it. Every source is linked.

1. Bull, F.C. et al. (2020). World Health Organization 2020 guidelines on physical activity and sedentary behaviour. British Journal of Sports Medicine, 54(24), 1451–1462. <https://doi.org/10.1136/bjsports-2020-102955>
2. Momma, H., Kawakami, R., Honda, T. & Sawada, S.S. (2022). Muscle-strengthening activities are associated with lower risk and mortality in major non-communicable diseases: a systematic review and meta-analysis of cohort studies. British Journal of Sports Medicine, 56(13), 755–763. <https://doi.org/10.1136/bjsports-2021-105061>
3. Schoenfeld, B.J., Grgic, J., Ogborn, D. & Krieger, J.W. (2017). Strength and hypertrophy adaptations between low- vs. high-load resistance training: a systematic review and meta-analysis. Journal of Strength and Conditioning Research, 31(12), 3508–3523. <https://doi.org/10.1519/JSC.0000000000002200>
4. Saint-Maurice, P.F. et al. (2020). Association of daily step count and step intensity with mortality among US adults. JAMA, 323(12), 1151–1160. <https://doi.org/10.1001/jama.2020.1382>

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This plan is general fitness information for healthy adults and is not medical advice. If you have a heart condition, are pregnant, are recovering from injury or surgery, or have been advised to limit exercise, check with a clinician before starting. Stop any movement that causes sharp or joint pain.