

September Reset Workout

Home Workout (Limited Equipment)

Equipment Needed: Dumbbells or resistance bands (optional), mat

Goal: Full-body reset, focusing on strength, cardio, and mobility

Warm-Up x2:

Jumping jacks – 30sec

Arm circles – 15sec each direction

Hip openers – 5 reps/side

High knees – 30sec

Workout x3:

Squats Bodyweight/with Bar – 15–20 reps

Push-Ups (on knees if needed) – 10–15 reps

Glute Bridges – 20 reps

Bent-Over Rows with dumbbells – 15 reps

Mountain Climbers – 30 seconds

Plank Hold – 30–45 seconds

Cool Down:

Light stretching for full body

Gym Version

Goal: Rebuild strength and routine with functional compound exercises

Warm-Up (7 mins):

Treadmill or bike – 3mins

Dynamic stretches (leg swings, arm circles, lunges)

Workout x3 sets:

Squats (Barbell or Dumbbell) 8–10 reps

Lat Pulldowns or Pull-Ups 10–12 reps

Dumbbell Bench Press 8–10 reps

Cable or Dumbbell Rows 10–12 reps

Dumbbell Walking Lunges 20 steps

Plank with Shoulder Taps – 30 seconds

Cool Down:

Stretch + foam roll



Tips for Both Versions:

- Track your workouts to see progress
- Prioritise form over weight or speed
- Combine with a healthy sleep & nutrition for best results

Workout Planner

Day	Goal	Notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		