

Knee-Friendly Core Workout at Home: 7-Day Plan

This 7-day workout plan is designed for women (25-55) who want to strengthen their core safely and effectively without straining their knees. Each session takes 15–20 minutes and can be done at home with minimal equipment.

Day	Workout Plan	Sets/Reps	Target Area
Day 1	Dead Bug, Modified Plank Hold, Seated Russian Twists	3x12, 3x20-30s, 3x15/side	Core stability & obliques
Day 2	Bird Dog, Lying Leg Lifts, Seated Dead Bug	3x10/side, 3x12, 3x12	Lower abs & back
Day 3	Seated Russian Twists, Modified Plank Hold, Bird Dog	3x15/side, 3x20-30s, 3x10/side	Obliques & posture
Day 4	Active Recovery: Light Yoga, Stretching, or Walking	15–20 min	Mobility & relaxation
Day 5	Seated Dead Bug, Seated Russian Twists, Lying Leg Lifts	3x12, 3x15/side, 3x12	Deep core & lower abs
Day 6	Bird Dog, Modified Plank Hold, Seated Dead Bug	3x10/side, 3x20-30s, 3x12	Core strength & balance
Day 7	Active Recovery: Gentle Stretching or Yoga	15–20 min	Flexibility & relaxation

■ Tip: Perform this plan 3–4 weeks consistently, listen to your body, and adjust intensity as needed. Stay hydrated, warm up before, and cool down with stretches.