

15-Minute Morning Workout Planner for Women

This planner is designed for busy women (25-60) who want to start their mornings with energy, confidence, and focus. Follow this 15-minute at-home routine to kickstart your day without needing a gym or fancy equipment.

Exercise	Duration	Rest	Rounds
High Knees	45 sec	15 sec	2
Bodyweight Squats	45 sec	15 sec	2
Push-Ups	45 sec	15 sec	2
Plank with Shoulder Taps	45 sec	15 sec	2
Standing Side Leg Lifts	45 sec/side	15 sec	2

■ **Pro Tips:** - Do this workout 4-5 times a week for the best results. - Modify push-ups on your knees if needed. - Pair with your favorite morning playlist for max energy. - Stay hydrated and set up your space the night before. Total Time: ~15 minutes — Perfect for a quick morning fitness boost!