

8-WEEK HOME WORKOUT PLAN FOR BEGINNERS

NO GYM

By: Meraadi.com

Day one

20 Sit Ups
5 Push Ups
20 Squat Jumps
20 Second Plank
20 Mountain Climbers
1 Min Jump Rope
30 Jumping Jacks
20 Lateral Jumps

Day two

30 Sit Ups
10 Push Ups
30 Squat Jumps
30 Second Plank
25 Mountain Climbers
2 Min Jump Rope
40 Jumping Jacks
30 Lateral Jumps

Day three

40 Sit Ups
15 Push Ups
40 Squat Jumps
40 Second Plank
30 Mountain Climbers
3 Min Jump Rope
60 Jumping Jacks
40 Lateral Jumps

Day four

25 Sit Ups
5 Push Ups
25 Squat Jumps
25 Second Plank
25 Mountain Climbers
1 Min Jump Rope
35 Jumping Jacks
25 Lateral Jumps

Day five

50 Sit Ups
20 Push Ups
50 Squat Jumps
50 Second Plank
50 Mountain Climbers
4 Min Jump Rope
65 Jumping Jacks
45 Lateral Jumps

Day six

60 Sit Ups
30 Push Ups
60 Squat Jumps
60 Second Plank
60 Mountain Climbers
5 Min Jump Rope
70 Jumping Jacks
50 Lateral Jumps

Day seven

Rest Day!

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create and manipulate the element of shadow