

# 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!**

# Best Home Workout Step Plan 23583 62247

**M Mosston**



**Best Home Workout Step Plan 23583 62247:**

## **Best Home Workout Step Plan 23583 62247** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Best Home Workout Step Plan 23583 62247**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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