

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 Way To Home Workout Step Plan For Beginners

TD Snyder



Best Way To Home Workout Step Plan For Beginners:

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