

# 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

**Roman Wölfel**



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