

# AT HOME DAILY WORKOUT SCHEDULE

## 4 Weeks Exercise



### WEEK 1

| SUN       | MON  | TUE  | WED  | THURS   | FRI  | SAT   |
|-----------|--|--|--|---|--|---|
| Rest Time | <ul style="list-style-type: none"> <li>30 Sec Speed Skater</li> <li>20 Mountain Climbers</li> <li>20 Frog Jumps</li> <li>20 Donkey Kicks</li> <li>20 Side Kick Squats</li> </ul> | <ul style="list-style-type: none"> <li>20 Basic Lunges</li> <li>20 Squat Jumps</li> <li>25 No Rope Jump Rope</li> <li>30 Sec High Knees</li> <li>Running In Place</li> </ul> | <ul style="list-style-type: none"> <li>20 Heel Kicks</li> <li>20 Jump &amp; Twist</li> <li>15 Trunk Circle</li> <li>15 Hip Circle</li> <li>( R&amp;L)</li> </ul> | <ul style="list-style-type: none"> <li>20 Sumo Squats</li> <li>40 Sec Wall Sit</li> <li>20 Reverse Crunch</li> <li>20 Crunches</li> <li>20 Sit Ups</li> <li>15 Burpees</li> </ul> | <ul style="list-style-type: none"> <li>10 Plank With Leg Lift</li> <li>(R &amp; L )</li> <li>10 Plan Hip Twist</li> <li>10 Plan With Shoulder Tap</li> </ul> | <ul style="list-style-type: none"> <li>30-45 Min. Cardio of choice</li> </ul> |

### WEEK 2

| SUN       | MON   | TUE  | WED   | THURS   | FRI   | SAT   |
|-----------|---|--|---|---|---|---|
| Rest Time | <ul style="list-style-type: none"> <li>1 Min But Kicks</li> <li>30 Sec Plank</li> <li>Knee Taps</li> <li>30 Sec Mountain Climbers</li> <li>30 Second Calf Raises</li> </ul> | <ul style="list-style-type: none"> <li>20 Squats</li> <li>20 Pile Squats</li> <li>20 Squat Thrusts</li> <li>15 Lunge Pulses</li> </ul> | <ul style="list-style-type: none"> <li>1Min Bicycle Crunch</li> <li>30 Abdominal Crunch</li> <li>30 Flutter Kicks</li> <li>30 Sec Cobra Pose</li> </ul> | <ul style="list-style-type: none"> <li>20 Overhead press</li> <li>20 Prayer Pulse</li> <li>20 Wall Push-Ups</li> <li>10 Plank Shoulder Tap</li> </ul> | <ul style="list-style-type: none"> <li>20 Push-ups</li> <li>30 Sec Plank</li> <li>50 Mountain Climbers</li> <li>15 Tricep Dips</li> <li>20 Squat Press</li> <li>20 Plank Jacks</li> </ul> | <ul style="list-style-type: none"> <li>30-45 Min. Cardio of choice</li> </ul> |

### WEEK 3

| SUN       | MON  | TUE  | WED  | THURS   | FRI  | SAT   |
|-----------|--|--|--|---|--|---|
| Rest Time | <ul style="list-style-type: none"> <li>30 Sec Speed Skater</li> <li>20 Mountain Climbers</li> <li>20 Frog Jumps</li> <li>20 Donkey Kicks</li> <li>20 Side Kick Squats</li> </ul> | <ul style="list-style-type: none"> <li>20 Basic Lunges</li> <li>20 Squat Jumps</li> <li>25 No Rope Jump Rope</li> <li>30 Sec High Knees</li> <li>Running In Place</li> </ul> | <ul style="list-style-type: none"> <li>20 Heel Kicks</li> <li>20 Jump &amp; Twist</li> <li>15 Trunk Circle</li> <li>15 Hip Circle</li> <li>( R&amp;L)</li> </ul> | <ul style="list-style-type: none"> <li>20 Sumo Squats</li> <li>40 Sec Wall Sit</li> <li>20 Reverse Crunch</li> <li>20 Crunches</li> <li>20 Sit Ups</li> <li>15 Burpees</li> </ul> | <ul style="list-style-type: none"> <li>10 Plank With Leg Lift</li> <li>(R &amp; L )</li> <li>10 Plan Hip Twist</li> <li>10 Plan With Shoulder Tap</li> </ul> | <ul style="list-style-type: none"> <li>30-45 Min. Cardio of choice</li> </ul> |

### WEEK 4

| SUN       | MON   | TUE  | WED   | THURS   | FRI   | SAT   |
|-----------|---|--|---|---|---|---|
| Rest Time | <ul style="list-style-type: none"> <li>1 Min But Kicks</li> <li>30 Sec Plank</li> <li>Knee Taps</li> <li>30 Sec Mountain Climbers</li> <li>30 Second Calf Raises</li> </ul> | <ul style="list-style-type: none"> <li>20 Squats</li> <li>20 Pile Squats</li> <li>20 Squat Thrusts</li> <li>15 Lunge Pulses</li> </ul> | <ul style="list-style-type: none"> <li>1Min Bicycle Crunch</li> <li>30 Abdominal Crunch</li> <li>30 Flutter Kicks</li> <li>30 Sec Cobra Pose</li> </ul> | <ul style="list-style-type: none"> <li>20 Overhead press</li> <li>20 Prayer Pulse</li> <li>20 Wall Push-Ups</li> <li>10 Plank Shoulder Tap</li> </ul> | <ul style="list-style-type: none"> <li>20 Push-ups</li> <li>30 Sec Plank</li> <li>50 Mountain Climbers</li> <li>15 Tricep Dips</li> <li>20 Squat Press</li> <li>20 Plank Jacks</li> </ul> | <ul style="list-style-type: none"> <li>30-45 Min. Cardio of choice</li> </ul> |

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