

# 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>

# Affordable Home Workout Step Plan For Students 17944

**Annelies Wilder-Smith**



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### **Table of Contents Affordable Home Workout Step Plan For Students 17944**

1. Understanding the eBook Affordable Home Workout Step Plan For Students 17944
  - The Rise of Digital Reading Affordable Home Workout Step Plan For Students 17944
  - Advantages of eBooks Over Traditional Books
2. Identifying Affordable Home Workout Step Plan For Students 17944
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Affordable Home Workout Step Plan For Students 17944
  - User-Friendly Interface
4. Exploring eBook Recommendations from Affordable Home Workout Step Plan For Students 17944

- Personalized Recommendations
  - Affordable Home Workout Step Plan For Students 17944 User Reviews and Ratings
  - Affordable Home Workout Step Plan For Students 17944 and Bestseller Lists
5. Accessing Affordable Home Workout Step Plan For Students 17944 Free and Paid eBooks
    - Affordable Home Workout Step Plan For Students 17944 Public Domain eBooks
    - Affordable Home Workout Step Plan For Students 17944 eBook Subscription Services
    - Affordable Home Workout Step Plan For Students 17944 Budget-Friendly Options
  6. Navigating Affordable Home Workout Step Plan For Students 17944 eBook Formats
    - ePub, PDF, MOBI, and More
    - Affordable Home Workout Step Plan For Students 17944 Compatibility with Devices
    - Affordable Home Workout Step Plan For Students 17944 Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Affordable Home Workout Step Plan For Students 17944
    - Highlighting and Note-Taking Affordable Home Workout Step Plan For Students 17944
    - Interactive Elements Affordable Home Workout Step Plan For Students 17944
  8. Staying Engaged with Affordable Home Workout Step Plan For Students 17944
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Affordable Home Workout Step Plan For Students 17944
  9. Balancing eBooks and Physical Books Affordable Home Workout Step Plan For Students 17944
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Affordable Home Workout Step Plan For Students 17944
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Affordable Home Workout Step Plan For Students 17944
    - Setting Reading Goals Affordable Home Workout Step Plan For Students 17944
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Affordable Home Workout Step Plan For Students 17944

- Fact-Checking eBook Content of Affordable Home Workout Step Plan For Students 17944
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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