

# 7 DAY NO GYM WORKOUT PLAN

## Monday

- One Mile Run
- 20 Burpees
- 30 Squats
- 40 Mountain Climbers
- 50 Jumping Jacks

## Tuesday

- 10 Push-Ups
- 20 Tricep Dips
- 30 Lunges
- 40 Bicycle Crunches
- 50 Russian Twists

## Wednesday

- One Mile Run
- 20 Burpees
- 30 Squats
- 40 Mountain Climbers
- 50 Jumping Jacks

## Thursday

- 10 Push-Ups
- 20 Tricep Dips
- 30 Lunges
- 40 Bicycle Crunches
- 50 Russian Twists

## Friday

- One Mile Run
- 20 Burpees
- 30 Squats
- 40 Mountain Climbers
- 50 Jumping Jacks

## Saturday

- Yoga/Pilates
- Meditation
- Rest
- Planning for the week
- Enjoy!

## Sunday

- Yoga/Pilates
- Meditation
- Rest
- Planning for the week
- Meal Prep

# How To Start Home Workout Explained For Beginners 8846

**Yi-Tong Ma**



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