

10-WEEK

NO-GYM HOME WORKOUT PLAN

THAT BURNS FAT LIKE **CRAZY**

MONDAY

20 squats
15 second plank
25 crunches
35 jumping jacks
15 lunges
25 second wall sit
10 sit ups
10 butt kicks
5 push ups

TUESDAY

10 squats
30 sec plank
25 crunches
10 jumping jacks
25 lunges
45 sec wall sit
35 sit ups
20 butt kicks
10 push ups

WEDNESDAY

15 squats
40 second plank
30 crunches
50 jumping jacks
25 lunges
35 sec wall sit
30 sit ups
25 butt kicks
10 push ups

THURSDAY

35 squats
30 sec plank
20 crunches
25 jumping jacks
15 lunges
60 sec wall sit
55 sit ups
35 butt kicks
20 push up

FRIDAY

25 Squats
60 Sec Plank
30 Crunches
55 Jumping Jacks
60 Lunges
45 Sec Wall Sit
40 Sit Ups
50 Butt Kicks
30 Push Ups

SUNDAY
SATURDAY
REST

How To Start Home Workout Explained

M Tight



How To Start Home Workout Explained:

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, **How To Start Home Workout Explained** . This immersive experience, available for download in a PDF format (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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