

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

Best Home Workout Explained For Students

SA Adler



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