

**12 WEEK**

**NO-GYM**

# **HOME WORKOUT PLAN**

**BODYHIITWORKOUT.COM**

## **MONDAY**

20 Squats  
15 sec Plank  
25 Crunches  
35 Jumping Jacks  
15 Lunges  
25 sec 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 ups

## **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

## **SAT/SUN**

REST

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**Jin-Ying Zhang**



## **Routine In 2026 Without Experience Home Workout Routine Monthly Income:**

*30-Day Weight Loss Kickstart: A Beginner's Plan for Fat Loss, Fitness, and Confidence* Dr. Steve Pal, 2026-02-04 Are you ready to transform your body energy and confidence in just 30 days 30 Day Weight Loss Kickstart A Beginner s Plan for Fat Loss Fitness and Confidence is your ultimate roadmap to kickstart a healthier stronger and more confident you without overwhelm confusion or crash diets This beginner friendly guide goes beyond just workouts and meal plans Inside you ll discover Simple effective fat loss strategies you can follow at home or the gym Daily habits and quick workouts designed to fit even the busiest schedule Mindset techniques to overcome fear self doubt and procrastination Energy boosting routines to stay productive and motivated every day Step by step guidance to turn your transformation into opportunities including side income content creation or coaching With a structured 30 day plan actionable tips and a focus on consistency over perfection this book will help you create real results build lasting confidence and open doors to new personal and financial opportunities Whether you re just starting out or struggling to stay consistent this book equips you with everything you need to take action stay accountable and see measurable results in just one month Your 30 day kickstart begins now take control of your health your habits and your future today United States Code United States, 1982 **Outlook and Independent** , 1919 **The Outlook** Lyman Abbott, Hamilton Wright Mabie, Ernest Hamlin Abbott, Francis Rufus Bellamy, 1920 United States Code, 1982 Edition United States, 1984 **New Outlook** , 1919 *Popular Mechanics* , 1970-09 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle *The Rural New-Yorker* , 1927 **Popular Science Monthly** , 1920 **Popular Science Monthly and World's Advance** , 1920 Outlook Alfred Emanuel Smith, Francis Walton, 1919 **Popular Science** , 1972 *American Medicine* , 1906 **System and Business Management** Norman Charles Firth, Arthur H. Little, 1930 Apr 1931 issue accompanied by supplement A platform for American business sheet folded to 4 numb leaves *The Outlook* , 1919 **British Medical Journal** , 1914 Progressive Farmer , 1976 *McClure's Magazine* , 1919 Charisma and Christian Life , 1998-07 **Popular Mechanics Magazine** , 1959

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