

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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Rachel S Tattersall



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