

WEEKLY HOME WORKOUT ROUTINE PLAN

Day	Workout Type	Duration
Monday	Full Body Strength	30 min
Tuesday	Core + Mobility	20 min
Wednesday	HIIT	25 min
Thursday	Chair Yoga / Pilates Fusion	30 min
Friday	Strength + Endurance	30 min
Saturday	HIIT / Dance Workout	30 min
Sunday	Rest or Gentle Stretching	—

Improve Home Workout Routine Automation Tools For Beginners In The

L Darling-Hammond



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