

# HOME WORKOUT PLAN

## Beginner Friendly

### DAY 1



Knee Friendly  
Booty



### DAY 2



Full Body Mix



**NEW VIDEO**  
10min Full Body /  
Beginner



### DAY 3



Fun Cardio!



### DAY 4



**REST DAY**, OPTIONAL:



### DAY 5



Abs + Legs



or



### DAY 6



Full Body +  
Stretch



**NEW VIDEO**  
Sitting Too Much  
Stretch

### DAY 7



**REST DAY**

# Report For Stay At Home Parents Step By Step Guide To Home Workout

**S Ben Porath**



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