

# 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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# Home Workout Routine Tools Comparison With Free Tools Proven Strategy

**RM Cervero**



## Home Workout Routine Tools Comparison With Free Tools Proven Strategy:

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## **Home Workout Routine Tools Comparison With Free Tools Proven Strategy** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Home Workout Routine Tools Comparison With Free Tools Proven Strategy**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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