

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	—

Home Workout Routine For Stay At Home Parents How To Improve Home

JR Anderson



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