

**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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# Strategy For Home Workout Routine Case Study Examples For Stay At Home

**DP Hallahan**



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**The Farmers' Advocate and Home Magazine** ,1916 The Survey ,1930 *Country Guide and Nor'west Farmer* ,1925 *Report Commonwealth Shipping Committee*,1913 **School** ,1916 **Survey** ,1917 **Home** ,1990 *Cassell's household guide* Cassell, ltd,1877 International Sunday School Evangel ,1901 **Religious Telescope** ,1907 *The Vocational Guidance Magazine* ,1926 **Cassell's Household Guide: Being a Complete Encyclopaedia of Domestic and Social Economy, Etc** Cassell & Company,1877 The Personnel and Guidance Journal ,1926 **Journal of Agriculture and Horticulture** ,1930

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