

Printable 7-Day Home Workout Plan

This 7-day home workout plan is designed for fat loss, strength, and energyno equipment needed.

DAY 1: Full Body Strength

- 3 rounds:

15 squats

10 push-ups

20 mountain climbers

15 glute bridges

30-second plank

DAY 2: Cardio + Core

- 4 rounds:

30 sec jumping jacks

20 bicycle crunches

20 high knees

30 sec plank with shoulder taps

DAY 3: Lower Body Burn

- 3 rounds:

20 walking lunges

15 jump squats

30 sec wall sit

10 side leg lifts per leg

DAY 4: Upper Body Focus

- 3 rounds:

10 incline push-ups

15 tricep dips (use chair)

20 shoulder taps

15-second side planks (each side)

DAY 5: Active Recovery

- Light yoga or a 30-minute walk

- Stretch hips, hamstrings, shoulders

DAY 6: HIIT Blast

- 3 rounds:

30 sec burpees

30 sec jump squats

30 sec fast feet

30 sec rest between rounds

DAY 7: Core & Flexibility

- 3 rounds:

20 leg raises

20 flutter kicks

30 sec plank

Stretch: cat-cow, child's pose, spinal twist

TIPS:

Warm up before each workout (35 min light cardio)

Stay hydrated and eat clean

Track progress weekly with notes or photos

Mix and repeat weekly based on your goals

For more routines and fitness downloads, visit: yourdomain.com/resources