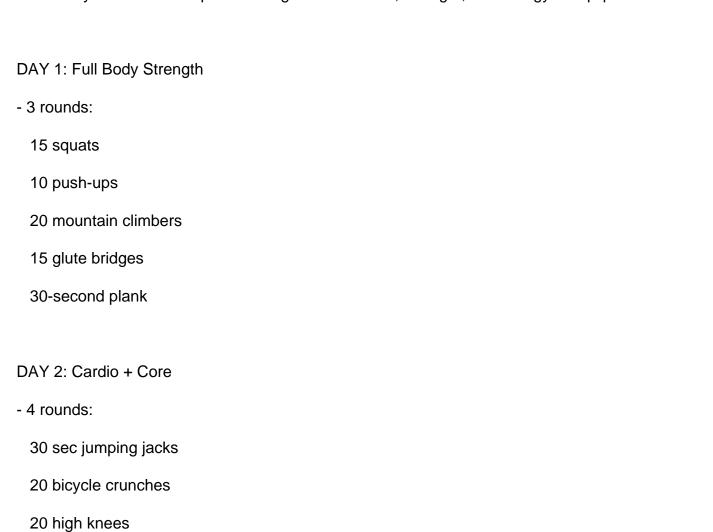
Printable 7-Day Home Workout Plan

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



DAY 3: Lower Body Burn

30 sec plank with shoulder taps

- 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, childs 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