



NO EQUIPMENT NEEDED:

8 WEEK
Home Workout
PLAN



Begin workout with a 10 minute cardio warmup of your choice. End workout with stretching routine provided

Repeat each circuit a minimum of 3 times

Let's get Quarantoned!

Monday

- 50 jumping jacks
- 1 minute mountain climbers
- 20 jump squats (or stationary squats)
- 15 pushups (or wall push ups)
- 20 walking lunges
- 20 calf raises per leg
- 1 minute plank

Thursday

- 1 minute of high knees
- 1 minute of butt kicks
- 1 minute of jogging in place
- 15 Bulgarian split squats per leg
- 20 single leg hip bridges per leg
- 20 donkey kicks per leg

Wednesday

- 50 jumping jacks
- 20 jump squats (or stationary squats)
- 20 shoulder taps per arm
- 15 lateral lunges per leg
- 15 pushups (or wall push ups)
- 15 pistol squats per leg

- 15 step ups per leg
- 20 calf raises per leg
- 20 toe touches
- 1 minute scissor kicks

Tuesday

- 1 minute of high knees
- 1 minute jogging in place
- 1 minute of butt kicks
- 20 crab walks per side
- 20 sumo squats
- 10 burpees (or jumping jacks)
- 1 minute wall sit
- 20 reverse crunches
- 20 toe touches

15 tricep dips

- 20 knee to elbow crunches
- 1 minute plank

Friday

- 50 jumping jacks
- 10 burpees (or jumping jacks)
- 20 walking lunges per leg
- 20 shoulder taps per arm
- 15 pushups (or wall pushups)
- 1 minute wall sit
- 1 minute mountain climbers
- 20 pistol squats per leg
- 1 minute side plank per side

After Workout Stretch Routine

Hold each stretch for 20 seconds and repeat if necessary

