

8-Week Beginner Fitness Guide

Monday:

20 Jumping Jacks
15 Squats
15 Crunches
10 Push Ups
20-Second Plank
15-Minute Walk

Tuesday:

20 Jumping Jacks
15 Step Ups
15 Crunches
25 Mountain Climbers
20-Second Plank
15-Minute Walk

Wednesday:

10 Burpees
20-Second Wall Sit
20 Crunches
25 Mountain Climbers
25-Second Plank
15-Minute Walk

Thursday:

20-Minute Walk

Friday:

30 Jumping Jacks
20 Walking Lunges
20 Ab Bikes
15 Tricep Dips
25-Second Plank
20-Minute Walk

Saturday:

12 Burpees
20 Squats
20 Straight Leg Sit Ups
12 Push Ups
30-Second Plank
20-Minute Walk

Sunday:

25-Minute Walk

For more information + this week's healthy dinner meal plan, visit Happiness is Homemade!
www.happinesishomemade.com

WEEK ONE