

# 8-Week Beginner Fitness Guide

## Monday:

12 Burpees  
30 Crunches  
24 Walking Lunges  
15 Push Ups  
30-Second Wall Sit  
20-Minute Walk

## Tuesday:

30 Jumping Jacks  
24 Step Ups  
25 Sit Ups  
25 Mountain Climbers  
30-Second Plank  
20-Minute Walk

## Wednesday:

12 Burpees  
15 Sumo Squats  
15 Toe Tap Sit Ups  
15 Tricep Dips  
30-Second Plank  
20-Minute Walk

## Thursday:

30-Minute Run/Walk

## Friday:

35 Jumping Jacks  
24 Walking Lunges  
20 Ab Bikes  
15 Push Ups  
60-Second Jump Rope  
20-Minute Walk

## Saturday:

12 Burpees  
24 Step Ups w/ Knee Up  
30 Crunches  
25 Mountain Climbers  
35-Second Plank  
20-Minute Walk

## Sunday:

30-Minute Run/Walk

For more information + this week's healthy dinner meal plan, visit Happiness is Homemade!  
[www.happinesishomemade.com](http://www.happinesishomemade.com)

# WEEK TWO