

8-Week Beginner Fitness Guide

Monday:

30 Jumping Jacks
30 Crunches
24 Walking Lunges
15 Push Ups
25 Squat Jumps
25-Minute Walk

Tuesday:

20-Minute Fat Blasting
Full Body Workout Video
(video on site)

Wednesday:

15 Burpees
20 Sumo Squats
25 Sit Ups
15 Tricep Dips
45-Second Plank
25-Minute Walk

Thursday:

30-Minute Run/Walk

Friday:

25 Mountain Climbers
24 Step Ups w/ Knee Up
20 Toe Touch Sit Ups
20 Dumbbell Presses
30 High Knees
25-Minute Walk

Saturday:

15-Minute Boxing Workout Video
(video on site)

Sunday:

30-Minute Run/Walk
60-Second Plank

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

WEEK FIVE