

# 8-Week Beginner Fitness Guide

## Monday:

15 Burpees  
30 Crunches  
24 Walking Lunges  
20 Push Ups  
60-Second Wall Sit

## Tuesday:

30-Day Shred, Level 1 Video  
(on website)

## Wednesday:

35 Jumping Jacks  
20 Sumo Squats  
20 Toe Tap Sit Ups  
20 Tricep Dips  
45-Second Plank  
25-Minute Run/Walk

## Thursday:

Fat Burning HIIT Video  
(on website)

## Friday:

30 Mountain Climbers  
24 Step Ups w/ Knee Up  
30 Ab Bikes  
20 Dumbbell Presses  
60-Second Jump Rope  
25-Minute Run/Walk

## Saturday:

30 Minute Run/Walk

## Sunday:

10-Minute Beginner HIIT Video  
(on website)

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

# WEEK FOUR