

8-Week Beginner Fitness Guide

Monday:

30 Jumping Jacks
30 Sit Ups
24 Steps Ups
20 Push Ups
25 Squat Thrusts
20-Minute Run/Walk

Tuesday:

20-Minute No-Running Cardio Workout Video (video on site)

Wednesday:

15 Burpees
20 Squat Walk & Toe Tap
25 Straight Leg Sit Ups
20 Dumbbell Presses
60-Second Plank
20-Minute Walk

Thursday:

30-Minute Run/Walk

Friday:

25 Mountain Climbers
24 Squats
20 Toe Touch Sit Ups
20 Tricep Dips
30 High Knees
20-Minute Run/Walk

Saturday:

25-Minute HIIT Total Body 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.happinessishomemade.com

WEEK SIX