

# 8-Week Beginner Fitness Guide

## Monday:

15 Burpees  
30 Bent Knee Sit Ups  
24 Walking Lunges  
15 Push Ups  
45-Second Wall Sit  
25-Minute Walk

## Tuesday:

"The Best 15-Minute Beginner Workout" Video (link on site)

## Wednesday:

35 Jumping Jacks  
15 Sumo Squats  
15 Toe Tap Sit Ups  
15 Tricep Dips  
40-Second Plank  
25-Minute Walk

## Thursday:

30-Minute Run/Walk

## Friday:

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

## Saturday:

"10-Minute Beginner HIIT Workout" Video (link on site)

## Sunday:

30-Minute Run/Walk  
45-Second Plank

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

# WEEK THREE