

# 8-Week Beginner Fitness Guide

## Monday:

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

## Tuesday:

30-Minute Calorie Burning  
Full Body Workout Video  
(on site)

## Wednesday:

20 Burpees  
20 Sumo Squats  
30 Sit Ups  
20 Tricep Dips  
60-Second Plank  
230-Minute Run/Walk

## Thursday:

30-Minute Run/Walk

## Friday:

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

## Saturday:

32-Minute Home Cardio  
Workout 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](http://www.happinesishomemade.com)

# WEEK EIGHT