

# 8-Week Beginner Fitness Guide

## Monday:

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

## Tuesday:

6-Week Six Pack Workout  
Video (on site)

## Wednesday:

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

## Thursday:

30-Minute Run/Walk

## Friday:

25 Mountain Climbers  
24 Squats  
20 Ab Bikes  
20 Tricep Dips  
30 High Knees  
30-Minute Run/Walk

## Saturday:

Rest Day  
(You've earned it!)

## 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 SEVEN