

30-Day Ramadan at Home Workout Plan



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	13 APRIL <i>Fat Burning Walking Waistline Challenge</i>	14 <i>Low Impact Core Functional Training</i>	15 <i>15-Minute Firm & Flat Abs</i>	16 <i>Toned Arms (No Push-ups!)</i>	17 <i>10,000 Indoor Step Challenge</i>	18 <i>Get Strong! No Weights Strength Training</i>
19 <i>15-Minute Express Morning Workout</i>	20 <i>Absolute Beginner Bodyweight Workout</i>	21 <i>3KM Fat Burning Indoor Walk</i>	22 <i>Arms & Abs: Build & Burn</i>	23 <i>No Equipment Inner & Outer Thigh</i>	24 <i>Low Impact Indoor Step & Standing Abs</i>	25 <i>Slim Thighs & Booty Low Impact HIIT</i>
26 <i>30-Minute Toning Chair Workout</i>	27 <i>45-Minute Strength Training</i>	28 <i>Fat Burning Walking Waistline Challenge</i>	29 <i>Low Impact Core Functional Training</i>	30 <i>15-Minute Firm & Flat Abs</i>	1 MAY <i>Toned Arms (No Push-ups!)</i>	2 <i>10,000 Indoor Step Challenge</i>
3 <i>Get Strong! No Weights Strength Training</i>	4 <i>15-Minute Express Morning Workout</i>	5 <i>Absolute Beginner Bodyweight Workout</i>	6 <i>3KM Fat Burning Indoor Walk</i>	7 <i>Arms & Abs: Build & Burn</i>	8 <i>No Equipment Inner & Outer Thigh</i>	9 <i>Low Impact Indoor Step & Standing Abs</i>
10 <i>Slim Thighs & Booty Low Impact HIIT</i>	11 <i>30-Minute Toning Chair Workout</i>	12 <i>45-Minute Strength Training</i>	13 Happy Eid al-Fitr			

Watch the workout videos on my YouTube channel

https://www.youtube.com/playlist?list=PLyP8pbBMxcsgwBF_Lfsb4iBA8jpYTkYgM