

8-Week Home Workout to Lose Weight & Tone Up!



WEEK 1 - WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Absolute Beginner Bodyweight Workout <i>Full Body Strength</i>	2 Arms & Abs: Build & Burn Toning Circuit <i>Upper Body</i>	3 No Equipment Strength & Explosive Cardio <i>Total Body HIIT</i>	4 Slim Thighs & Booty Low Impact HIIT <i>Lower Body</i>	5 Core Plank & Cardio Burnout <i>Core</i>	6 Killer Booty Band Bootcamp <i>Mixed Training</i>	7 ACTIVE REST or Fat Burning Walking Waistline Challenge
8 Get Strong! No Weights Strength Training <i>Full Body Strength</i>	9 Toned Arms at Home: No Push-ups <i>Upper Body</i>	10 Intense Cardio & Core Kickboxing Partner Workout <i>Total Body HIIT</i>	11 No Equipment Inner & Outer Thigh <i>Lower Body</i>	12 Low Impact Core Functional Training <i>Core</i>	13 Live Barre Workout at Home <i>Mixed Training</i>	14 ACTIVE REST or 3KM Fat Burning Indoor Walk
15 Absolute Beginner Bodyweight Workout <i>Full Body Strength</i>	16 Arms & Abs: Build & Burn Toning Circuit <i>Upper Body</i>	17 No Equipment Strength & Explosive Cardio <i>Total Body HIIT</i>	18 Slim Thighs & Booty Low Impact HIIT <i>Lower Body</i>	19 Core Plank & Cardio Burnout <i>Core</i>	20 Killer Booty Band Bootcamp <i>Mixed Training</i>	21 ACTIVE REST or Fat Burning Walking Waistline Challenge
22 Get Strong! No Weights Strength Training <i>Full Body Strength</i>	23 Toned Arms at Home: No Push-ups <i>Upper Body</i>	24 Intense Cardio & Core Kickboxing Partner Workout <i>Total Body HIIT</i>	25 No Equipment Inner & Outer Thigh <i>Lower Body</i>	26 Low Impact Core Functional Training <i>Core</i>	27 Live Barre Workout at Home <i>Mixed Training</i>	28 ACTIVE REST or 3KM Fat Burning Indoor Walk

Click here to watch the workout videos on my YouTube channel :

<https://youtube.com/playlist?list=PLyP8pbBMxcsiv6cdyef7LpLOTqUQ0XZzl>

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WEEK 5 - WEEK 8



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 40-Minute Total Body Strength Training <i>Full Body Strength</i>	2 Upper Body Strength & Toning for Beginners <i>Upper Body</i>	3 30-Day Cardio & Core Challenge to Burn Belly Fat <i>Total Body HIIT</i>	4 Sculpted Peach Booty (No Weights!) <i>Lower Body</i>	5 Oblique Exercises for Slimmer Waist <i>Core</i>	6 30-Minute Strength & Sculpt Fat Burning Circuit <i>Functional Training</i>	7 ACTIVE REST or 10,000 Indoor Step Challenge
8 45-Min Total Body Strength Training <i>Full Body Strength</i>	9 30-Minute Upper Body & Abs Compound Circuit <i>Upper Body</i>	10 30-Min Kickboxing Blast Fat & Sculpt Muscles <i>Total Body HIIT</i>	11 Crazy Burn 1000 Squat & Lunge Challenge <i>Lower Body</i>	12 500 Abs on Fire Challenge <i>Core</i>	13 Build Your Abs (30-Min Total Body Strength Training) <i>Functional Training</i>	14 ACTIVE REST or Low Impact Indoor Step & Standing Abs
15 40-Minute Total Body Strength Training <i>Full Body Strength</i>	16 Upper Body Strength & Toning for Beginners <i>Upper Body</i>	17 30-Day Cardio & Core Challenge to Burn Belly Fat <i>Total Body HIIT</i>	18 Sculpted Peach Booty (No Weights!) <i>Lower Body</i>	19 Oblique Exercises for Slimmer Waist <i>Core</i>	20 30-Minute Strength & Sculpt Fat Burning Circuit <i>Functional Training</i>	21 ACTIVE REST or 10,000 Indoor Step Challenge
22 45-Min Total Body Strength Training <i>Full Body Strength</i>	23 30-Minute Upper Body & Abs Compound Circuit <i>Upper Body</i>	24 30-Min Kickboxing Blast Fat & Sculpt Muscles <i>Total Body HIIT</i>	25 Crazy Burn 1000 Squat & Lunge Challenge <i>Lower Body</i>	26 500 Abs on Fire Challenge <i>Core</i>	27 Build Your Abs (30-Min Total Body Strength Training) <i>Functional Training</i>	28 ACTIVE REST or Low Impact Indoor Step & Standing Abs

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