

4 WEEK HOME WORKOUT PLAN

WORKOUT 1

Squats*
Jumping Jacks
Wall, Half/Full Press Ups
Butt Kicks
Alternate Lunges*
High Knees

WORKOUT 2

Stiff Leg Deadlift*
Ski Jumps
Sit Ups*
Mountain Climbers
Tricep Dips off a Chair
Skips (with or without rope)

WORKOUT 3

Squat Jumps*
Reverse Lunge/Hammer Curl
Skater Jumps
Glute Bridge Raises*
Burpees
Sit Ups*

WORKOUT 4

Jumping Jacks
Stiff Leg Deadlift*
High Knees
Plank Hold
Skips (with or without rope)
Curtsy Squats*

Arimo, 28

Welcome to my 4 Week Home Workout Plan

You have 4 workouts to complete each week and every exercise in these workouts can be modified to suit your level of fitness. Those exercises marked with an asterisk can be performed with weights such as dumbbells, a kettlebell or even a couple of bottles of water.

Depending on your level of fitness, choose one of the options below:

Beginners:	Work for 20 seconds - rest for 40 seconds / 1-2 rounds	6-12 MINS
Intermediate:	Work for 30 seconds - rest for 30 seconds / 2-3 rounds	12-18 MINS
Advanced:	Work for 40 seconds - rest for 20 seconds / 3-4 rounds	18-24 MINS



Before you start each workout, make sure you are fully warmed up. Click [HERE](#) to follow my warm up.

For a demo of all the exercises for each Workout above, check out my Video [HERE](#).

You can also check out my other follow along home workouts by subscribing to my YouTube Channel [HERE](#).

Check out my website www.twdfitness.co.uk to find out more my Personal Training, Online programmes and HIIT Classes