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10-WEEK

TO LOSE WEIGHT AND GET FIT

WORKOUT PLAN

No equipment

PLAN INTRODUCTION

When it comes to the exercise side of losing weight, the best way to burn calories is to get your heart rate up and keep it there. We present to you this workout program to keep your heart rate up while you're exercising. Each day will slightly shift the focus of the workout to a different muscle group to give you a well-rounded routine. This workout routine for women at home combines cardio and strength training to completely level up your physical fitness in just ten weeks.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.

WORKOUT PLAN

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 20 Squats	1 10 Squats	1 15 Squats	1 35 Squats	1 25 Squats
2 Plank: 15 sec	2 Plank: 30 sec	2 Plank: 40 sec	2 Plank: 30 sec	2 Plank: 16 sec
3 25 Crunches	3 20 Crunches	3 30 Crunches	3 20 Crunches	3 30 Crunches
4 35 Jumping Jacks	4 50 Jumping Jacks	4 50 Jumping Jacks	4 25 Jumping Jacks	4 55 Jumping Jacks
5 15 Lunges	5 25 Lunges	5 25 Lunges	5 15 Lunges	5 6 Lunges
6 Wall-Sit: 25 sec	6 Wall-Sit: 35 sec	6 Wall-Sit: 35 sec	6 Wall-Sit: 60 sec	6 Wall-Sit: 45 sec
7 10 Sit-Ups	7 35 Sit-ups	7 30 Sit-ups	7 50 Sit-ups	7 40 Sit-ups
8 10 Butt-Kicks	8 20 Butt-kicks	8 25 Butt-kicks	8 35 Butt-kicks	8 50 Butt-Kicks
9 5 Push-Ups	9 10 Push-Ups	9 10 Push-Ups	9 20 Push-Ups	9 30 Push-Ups



Squats

1. Stand up with your feet shoulder-width apart.
2. Bend your knees, press your hips back and stop the movement once the hip joint is slightly lower than the knees.
3. Press your heels into the floor to return to the initial position.
4. Repeat until set is complete.



Plank

1. Get into a push up position, with your elbows under your shoulders and your feet hip-width apart.
2. Bend your elbows and rest your weight on your forearms and on your toes, keeping your body in a straight line.
3. Hold for as long as possible.



Crunches

1. Lie down on the mat, keep your knees bent, your back and feet flat, and your hands supporting your head
2. Lift your shoulders, squeeze your abdominal muscles and hold for 1 to 2 seconds.
3. Slowly return to the starting position and repeat until set is complete.



Jumping jacks

1. Stand straight with your feet together and hands by your sides.
2. Jump up, spread your feet and bring both hands together above your head.
3. Jump again and return to the starting position.
4. Repeat until the set is complete.



Lunges

1. Stand with your feet hip-width apart, keep your back straight, your shoulders back, and your abs tight.
2. Take a step forward and slowly bend both knees, until your back knee is just above the floor.
3. Stand back up and repeat the movement.
4. Alternate legs until the set is complete.



Wall Sit

1. Start in a squat position, with your thighs parallel to the floor and your back against a wall.
2. Hold this position for as long as you can.



Sit Up

1. Lie down on your back, keep your knees bent, and your back and feet flat on the mat.
2. Slowly lift your torso and sit up.
3. Return to the starting position by rolling down one vertebra at a time.
4. Repeat the exercise until set is complete.



Butt Kicks

1. Stand tall with your feet shoulder-width apart and face forward.
2. Start kicking your feet up, until the heels touch the glutes, and pump your arms at the same time.
3. Repeat until set is complete.



Push Ups

1. With your legs extended back, place the hands below the shoulders, slightly wider than shoulder-width apart.
2. Start bending your elbows and lower your chest until it's just above the floor.
3. Push back to the starting position. A 1-second push, 1-second pause, 2-second down count is ideal.
3. Repeat.

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