

8-WEEK HOME WORKOUT TO LOSE WEIGHT AND TONE UP!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Absolute Beginner Body Weight Workout: Full Body Strength	Arms And Abs: Build and Burn Toning Circuit	No EQUIPMENT Strength And Cardio	Slim Thigh and Booty Low Impact HIIT	Slim Thigh and Booty Low Impact HIIT	Killer Booty and Bootcamp	ACTIVE REST or WALKING
WEEK 2	Get Strong! NO Weight Strength Training	Toned Arms at Home: NO push-ups	Intense Cardio And Core	NO EQUIPMENT Inner and Outer Thigh	Low Impact Core Functional Training	Yoga Asanas	ACTIVE REST or Indoor WALKING 3km
WEEK 3	Absolute Beginner Body Weight Workout	Arms And Abs: Build and Burn Toning Circuit	No EQUIPMENT Strength And Cardio	Slim Thigh and Booty Low Impact HIIT	Core Plank and Cardio Burnout	Killer Booty and Bootcamp	ACTIVE REST or WALKING
WEEK 4	Get Strong! NO Weight Strength Training	Toned Arms at Home: NO push-ups	Intense Cardio And Core	NO EQUIPMENT Inner and Outer Thigh	Low Impact Core Functional Training	Yoga Asanas	ACTIVE REST or Indoor WALKING 3km
WEEK 5	40 Minute Total Body Strength Training	Upper Body Strength And Tonning for Beginners	Cardio and Core Challenge to Burn Belly Fat	Sculpted Peach Booty (NO Weight)	Oblique Exercises for Slimmer Waist	30-minute Strength And Sculpted Fat Burning Circuit	ACTIVE REST or 10,000 Indoor Steps
WEEK 6	45 Minute Total Body Strength Training	30 Minute Upper Body And Abs Compound Circuit	Cardio and Core Challenge to Burn Belly Fat	CRAZY BURN 1000 SQUAT AND LUNGE	500 ABS Challenge	30 Minute Total Body Strength Training	ACTIVE REST or Low Impact Indoor Steps and Standing Abs
WEEK 7	40 Minute Total Body Strength Training	Upper Body Strength And Tonning for Beginners	Cardio and Core Challenge to Burn Belly Fat	Sculpted Peach Booty (NO Weight)	Oblique Exercises for Slimmer Waist	30-minute Strength And Sculpted Fat Burning Circuit	ACTIVE REST or 10,000 Indoor Steps
WEEK 8	45 Minute Total Body Strength Training	30 Minute Upper Body And Abs Compound Circuit	Cardio and Core Challenge to Burn Belly Fat	CRAZY BURN 1000 SQUAT AND LUNGE	500 ABS Challenge	30 Minute Total Body Strength Training	ACTIVE REST or Low Impact Indoor Steps and Standing Abs