

30 day WORKOUT PLAN

4 Week, easy to follow, workout program

Beginner Friendly

No equipment required

WEEK 1

★ 60 seconds rest between each exercise

Day 1: Upper Body

- 1. Pushups: 10
- 2. Plank Shoulder Taps: 30 sec (10 taps each side)
- 3. Floor Side Lunges: 10 each side (10 sec hold)
- 4. Plank Pull-ups: 10
- 5. Air Chair: 30 sec (30 seconds each direction)

Day 2: Lower Body

- 1. Bodyweight Squats: 10
- 2. Walking Lunges: 30 sec (10 steps each side)
- 3. Glute Bridges: 10
- 4. Supine Single Legged Cycling on chair or mat: 1 min each leg
- 5. Wall Sit: 30 sec (30 seconds)

Day 3: Full Body

- 1. Burpees: 10
- 2. Mountain Climbers: 30 sec (30 seconds)
- 3. Air Chair: 30 sec
- 4. Plank Shoulder Taps: 30 sec (10 taps each side)
- 5. High Knees: 30 sec (30 seconds)

Day 4: Rest Day

WEEK 2

★ 60 seconds rest between each exercise

Day 5: Rest Day

Day 6: Lower Body

- 1. Chair Squats: 10
- 2. Step-up Squats: 10 (10 steps each leg)
- 3. One-Legged Staircase: 30 sec (10 steps each leg)
- 4. Wall Sit: 30 sec (30 seconds)
- 5. Jump Squats: 10

Day 7: Upper Body

- 1. Tricep Dips: 10 (each side)
- 2. Plank with One Foot: 30 sec (10 taps each side)
- 3. Floor Side Lunges: 10
- 4. Mountain Climbers: 30 sec (30 seconds each direction)
- 5. Burpees: 10

Day 8: Full Body

- 1. Burpees: 10
- 2. Mountain Climbers: 30 sec (30 seconds)
- 3. Plank with One Foot: 30 sec
- 4. Chair Squats: 10
- 5. High Knees: 30 sec (30 seconds)

WEEK 3

★ 60 seconds rest between each exercise

Day 9: Rest Day

Day 10: Upper Body

- 1. Tricep Dips: 10
- 2. Plank Shoulder Taps: 30 sec (10 taps each side)
- 3. Floor Side Lunges: 10
- 4. Air Chair: 30 sec (30 seconds each direction)
- 5. Burpees: 10

Day 11: Lower Body

- 1. Bodyweight Squats: 10
- 2. Walking Lunges: 30 sec (10 steps each side)
- 3. Glute Bridges: 10
- 4. Supine Single Legged Cycling: 1 min each leg
- 5. Wall Sit: 30 sec (30 seconds)

Day 12: Full Body

- 1. Burpees: 10
- 2. Mountain Climbers: 30 sec (30 seconds)
- 3. Plank with One Foot: 30 sec
- 4. Chair Squats: 10
- 5. High Knees: 30 sec (30 seconds)

Day 13: Rest Day

Day 14: Upper Body

- 1. Pushups: 10
- 2. Plank Shoulder Taps: 30 sec (10 taps each side)
- 3. Floor Side Lunges: 10
- 4. Air Chair: 30 sec (30 seconds each direction)
- 5. Burpees: 10

Day 15: Lower Body

- 1. Bodyweight Squats: 10
- 2. Walking Lunges: 30 sec (10 steps each side)
- 3. Glute Bridges: 10
- 4. Supine Single Legged Cycling: 1 min each leg
- 5. Wall Sit: 30 sec (30 seconds)

Day 16: Full Body

- 1. Burpees: 10
- 2. Mountain Climbers: 30 sec (30 seconds)
- 3. Plank with One Foot: 30 sec
- 4. Chair Squats: 10
- 5. High Knees: 30 sec (30 seconds)

Day 17: Rest Day

Day 18: Upper Body

- 1. Pushups: 10
- 2. Plank Shoulder Taps: 30 sec (10 taps each side)
- 3. Floor Side Lunges: 10
- 4. Air Chair: 30 sec (30 seconds each direction)
- 5. Burpees: 10

Day 19: Lower Body

- 1. Bodyweight Squats: 10
- 2. Walking Lunges: 30 sec (10 steps each side)
- 3. Glute Bridges: 10
- 4. Supine Single Legged Cycling: 1 min each leg
- 5. Wall Sit: 30 sec (30 seconds)

Day 20: Full Body

- 1. Burpees: 10
- 2. Mountain Climbers: 30 sec (30 seconds)
- 3. Plank with One Foot: 30 sec
- 4. Chair Squats: 10
- 5. High Knees: 30 sec (30 seconds)

Day 21: Rest Day

Day 22: Upper Body

- 1. Pushups: 10
- 2. Plank Shoulder Taps: 30 sec (10 taps each side)
- 3. Floor Side Lunges: 10
- 4. Air Chair: 30 sec (30 seconds each direction)
- 5. Burpees: 10

Day 23: Lower Body

- 1. Bodyweight Squats: 10
- 2. Walking Lunges: 30 sec (10 steps each side)
- 3. Glute Bridges: 10
- 4. Supine Single Legged Cycling: 1 min each leg
- 5. Wall Sit: 30 sec (30 seconds)

Day 24: Full Body

- 1. Burpees: 10
- 2. Mountain Climbers: 30 sec (30 seconds)
- 3. Plank with One Foot: 30 sec
- 4. Chair Squats: 10
- 5. High Knees: 30 sec (30 seconds)

WEEK 4

★ 60 seconds rest between each exercise

Day 25: Rest Day

Day 26: Upper Body

- 1. Tricep Dips: 10 (each side)
- 2. Plank with One Foot: 30 sec (10 taps each side)
- 3. Floor Side Lunges: 10
- 4. Mountain Climbers: 30 sec (30 seconds each direction)
- 5. Burpees: 10

Day 27: Lower Body

- 1. Chair Squats: 10
- 2. Step-up Squats: 10 (10 steps each leg)
- 3. One-Legged Staircase: 30 sec (10 steps each leg)
- 4. Wall Sit: 30 sec (30 seconds)
- 5. Jump Squats: 10

Day 28: Full Body

- 1. Burpees: 10
- 2. Mountain Climbers: 30 sec (30 seconds)
- 3. Plank with One Foot: 30 sec
- 4. Chair Squats: 10
- 5. High Knees: 30 sec (30 seconds)

Day 29: Rest Day

Day 30: Upper Body

- 1. Pushups: 10
- 2. Plank Shoulder Taps: 30 sec (10 taps each side)
- 3. Floor Side Lunges: 10
- 4. Air Chair: 30 sec (30 seconds each direction)
- 5. Burpees: 10

Day 31: Lower Body

- 1. Bodyweight Squats: 10
- 2. Walking Lunges: 30 sec (10 steps each side)
- 3. Glute Bridges: 10
- 4. Supine Single Legged Cycling: 1 min each leg
- 5. Wall Sit: 30 sec (30 seconds)

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Shirley George Frazier



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Table of Contents Home Internet Plans Workout Plan Near Me

1. Understanding the eBook Home Internet Plans Workout Plan Near Me
 - The Rise of Digital Reading Home Internet Plans Workout Plan Near Me
 - Advantages of eBooks Over Traditional Books
2. Identifying Home Internet Plans Workout Plan Near Me
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Home Internet Plans Workout Plan Near Me
 - User-Friendly Interface
4. Exploring eBook Recommendations from Home Internet Plans Workout Plan Near Me
 - Personalized Recommendations

- Home Internet Plans Workout Plan Near Me User Reviews and Ratings
- Home Internet Plans Workout Plan Near Me and Bestseller Lists
- 5. Accessing Home Internet Plans Workout Plan Near Me Free and Paid eBooks
 - Home Internet Plans Workout Plan Near Me Public Domain eBooks
 - Home Internet Plans Workout Plan Near Me eBook Subscription Services
 - Home Internet Plans Workout Plan Near Me Budget-Friendly Options
- 6. Navigating Home Internet Plans Workout Plan Near Me eBook Formats
 - ePub, PDF, MOBI, and More
 - Home Internet Plans Workout Plan Near Me Compatibility with Devices
 - Home Internet Plans Workout Plan Near Me Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Home Internet Plans Workout Plan Near Me
 - Highlighting and Note-Taking Home Internet Plans Workout Plan Near Me
 - Interactive Elements Home Internet Plans Workout Plan Near Me
- 8. Staying Engaged with Home Internet Plans Workout Plan Near Me
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Home Internet Plans Workout Plan Near Me
- 9. Balancing eBooks and Physical Books Home Internet Plans Workout Plan Near Me
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Home Internet Plans Workout Plan Near Me
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Home Internet Plans Workout Plan Near Me
 - Setting Reading Goals Home Internet Plans Workout Plan Near Me
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Home Internet Plans Workout Plan Near Me
 - Fact-Checking eBook Content of Home Internet Plans Workout Plan Near Me

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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