

BURN FAT

7-day Workout Plan for Beginners

This training plan is ideal if you want to accelerate fat loss. Along with a calorie-deficit diet, it can help you increase weight loss and improve your body composition. Visit our site and watch videos on how to do each exercise. You can also customize it depending on your fitness level.

Monday

Exercise	Reps	Rest
Jumping Jacks	20-sec	20-sec
Kneeling Pushup	10 reps	45-sec
Reverse Crunches	10 reps	45-sec
Standard Squat	20 reps	1-min
High Knees	20-sec	1-min

Tuesday

Exercise	Reps	Rest
Mountain Climber	20-sec	15-sec
Burpees	10 reps	45-sec
Flutter Kick	10 reps	30-sec
Lying IYT Raise	10 reps	30-sec

Wednesday

Exercise	Reps	Rest
Crunches	10 reps	45-sec
Squats	20 reps	1-min
Inchworm	30-sec	45-sec
Glute Bridge	15 reps	45-sec
Plank	30-45 sec	45-sec

Thursday – OFF

Friday

Exercise	Reps	Rest
Squat Pulses Jump	10 reps	20-sec
Shoulder Tap	10 taps/side	30-sec
Jumping Jacks	15-sec	30-sec
Flutter Kick	15-sec	30-sec

Saturday

Exercise	Reps	Rest
Burpees	10 reps	60-sec
Lunges	30-sec	45-sec
Glute Bridge	15 reps	45-sec
Kneeling Pushup	12 reps	60-sec
Superman Pull	15 reps	60-sec

Sunday

Exercise	Reps	Rest
Mountain Climber	20-sec	30-sec
Crunches	10 reps	45-sec
Squats	20 reps	60-sec
Side Plank	15-sec/side	30-sec