Follow this home workout plan at least 3 times a week for next 4 weeks to see some great results.

Do a 5 min warm up and dynamic stretching to reduce risk of injury before starting an exercise

* 15 press ups > 50 crunches > 15 tricep press ups

rest 30 secs and repeat 3 times

* Reverse lunges 10 reps each side while bicep curling , bottles of water – cans of beans – or weights if you have them > 15 tricep dips on low step > 15 squat jumps

1 min rest and repeat 3 times

* 20 squats > 50 russian twists > 25 burpees

1 min rest and repeat 3 times

* 50 bicycle crunches > 50 leg raises > plank hold for your PB

rest 1 min and repeat 2 times

* Split squats 10 pulses each leg > fire hydrant kicks 15 each side > 30 hip thrusts 30

30 sec rest and repeat 3 times

Stretch and cool down 😊