

# 4 WEEK *at home* WORKOUT PLAN



Week	Workouts		
<b>Week 1</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
	Upper Body - Push-Ups: 3 sets of 10-15 reps - Plank Shoulder Taps: 3 sets of 20 reps (10 each side) - Tricep Dips: 3 sets of 10-15 reps - Superman: 3 sets of 15 reps	Lower Body - Squats: 3 sets of 15-20 reps - Lunges: 3 sets of 10-15 reps per leg - Glute Bridges: 3 sets of 15-20 reps - Calf Raises: 3 sets of 15-20 reps	Core - Crunches: 3 sets of 20 reps - Russian Twists: 3 sets of 20 reps (10 each side) - Leg Raises: 3 sets of 15 reps - Bicycle Crunches: 3 sets of 20 reps
<b>Week 2</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>
	Upper Body - Push-Ups: 3 sets of 15-20 reps - Plank Shoulder Taps: 3 sets of 25 reps (12-13 each side) - Tricep Dips: 3 sets of 15-20 reps - Superman: 3 sets of 20 reps	Lower Body - Squats: 3 sets of 20-25 reps - Lunges: 3 sets of 15-20 reps per leg - Glute Bridges: 3 sets of 20-25 reps - Calf Raises: 3 sets of 20-25 reps	Core - Crunches: 3 sets of 25 reps - Russian Twists: 3 sets of 25 reps (12-13 each side) - Leg Raises: 3 sets of 20 reps - Bicycle Crunches: 3 sets of 25 reps
<b>Week 3</b>	<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>
	Upper Body - Push-Ups: 3 sets of 20-25 reps - Plank Shoulder Taps: 3 sets of 30 reps (15 each side) - Tricep Dips: 3 sets of 20-25 reps - Superman: 3 sets of 25 reps	Lower Body - Squats: 3 sets of 25-30 reps - Lunges: 3 sets of 20-25 reps per leg - Glute Bridges: 3 sets of 25-30 reps - Calf Raises: 3 sets of 25-30 reps	Core - Crunches: 3 sets of 30 reps - Russian Twists: 3 sets of 30 reps (15 each side) - Leg Raises: 3 sets of 25 reps - Bicycle Crunches: 3 sets of 30 reps
<b>Week 4</b>	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>
	Upper Body - Push-Ups: 3 sets of 25-30 reps - Plank Shoulder Taps: 3 sets of 35 reps (17-18 each side) - Tricep Dips: 3 sets of 25-30 reps - Superman: 3 sets of 30 reps	Lower Body - Squats: 3 sets of 30-35 reps - Lunges: 3 sets of 25-30 reps per leg - Glute Bridges: 3 sets of 30-35 reps - Calf Raises: 3 sets of 30-35 reps	Core - Crunches: 3 sets of 35 reps - Russian Twists: 3 sets of 35 reps (17-18 each side) - Leg Raises: 3 sets of 30 reps - Bicycle Crunches: 3 sets of 35 reps