

# WEEKLY WORKOUT ROUTINE

## DAY 1 LEGS

- 25 Squat
- 25 Hip thrust
- 25 Deadlift
- 25 Walking lunge

## DAY 2 ARMS

- 25 Wall push up
- 25 Floor push up
- 25 Bicep curls
- 25 Skull crusher

## DAY 3 ABS

- 25 Sit up
- 25 seconds Plank
- 25 Leg raises
- 25 Back up

## DAY 4 CHEST

- 25 Dumbbell bench press
- 25 Incline dumbbell press
- 25 Incline push up
- 25 Plate press

## DAY 5 COMBO

- 25 Sit up
- 25 Squats
- 25 Bicep Curls
- 25 Incline push up

## DAY 6 COMBO

- 25 Bicep curls
- 25 Deadlift
- 25 Leg Raises
- 25 Plate press



# LOST YOUR WEIGHT IN 4 WEEKS

No Equipment, 10 Minutes/Day

## 1ST WEEK

### Day 1

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

### Day 2

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

### Day 3

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

### Day 4

REST

### Day 5

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

### Day 6

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

### Day 7

REST

## 2ND WEEK

### Day 1

10 Push Up  
10 sec. Plank  
10 sec. Crunch

### Day 2

10 Push Up  
10 sec. Plank  
10 sec. Crunch

### Day 3

10 Push Up  
10 sec. Plank  
10 sec. Crunch

### Day 4

REST

### Day 5

10 Push Up  
10 sec. Plank  
10 sec. Crunch

### Day 6

10 Push Up  
10 sec. Plank  
10 sec. Crunch

### Day 7

REST

## 3RD WEEK

### Day 1

10 sec. Squats  
10 sec. Lunges  
10 sec. Bicycle

### Day 2

15 sec. Squats  
15 sec. Lunges  
15 sec. Bicycle

### Day 3

20 sec. Squats  
20 sec. Lunges  
20 sec. Bicycle

### Day 4

REST

### Day 5

45 sec. Squats  
45 sec. Lunges  
45 sec. Bicycle

### Day 6

60 sec. Squats  
60 sec. Lunges  
60 sec. Bicycle

### Day 7

REST

## 4TH WEEK

### Day 1

10 Leg Raises  
10 Crunches  
5 Min Run

### Day 2

15 Leg Raises  
15 Crunches  
5 Min Run

### Day 3

20 Leg Raises  
20 Crunches  
5 Min Run

### Day 4

REST

### Day 5

30 Leg Raises  
30 Crunches  
5 Min Run

### Day 6

45 Leg Raises  
45 Crunches  
5 Min Run

### Day 7

REST

