

30-Day Home Workout Plan PDF: Get Fit at Home!

Introduction

A structured **30-day home workout plan** is a great way to build strength, burn calories, and improve overall fitness—all from the comfort of your home. Whether you are a beginner or looking to intensify your routine, this guide provides step-by-step workouts with detailed explanations.

Benefits of a Home Workout Plan

- **Saves Time & Money:** No need for a gym membership.
- **Flexible & Convenient:** Work out at your own pace.
- **Full-Body Training:** Engages all muscle groups.
- **Boosts Mental Health:** Exercise helps reduce stress and improve mood.

Equipment Needed

- Yoga Mat
- Resistance Bands
- Dumbbells (Optional)
- Water Bottle
- Towel

30-Day Home Workout Plan

Week 1: Foundation & Endurance

Day 1: Full Body Strength

- **Jumping Jacks** – 1 min
- **Squats** – 15 reps × 3 sets

- **Push-ups** – 10 reps × 3 sets
- **Plank** – 30 sec × 3 sets

Day 2: Cardio & Core

- **High Knees** – 1 min
- **Crunches** – 20 reps × 3 sets
- **Leg Raises** – 15 reps × 3 sets
- **Mountain Climbers** – 30 sec × 3 sets

Day 3: Lower Body Strength

- **Lunges** – 12 reps per leg × 3 sets
- **Calf Raises** – 20 reps × 3 sets
- **Wall Sit** – 45 sec × 3 sets

Day 4: Rest or Light Activity (Yoga/Stretching)

Day 5: Upper Body & Core

- **Push-ups** – 12 reps × 3 sets
- **Tricep Dips** – 10 reps × 3 sets
- **Russian Twists** – 20 reps × 3 sets

Day 6: HIIT Session

- **Burpees** – 10 reps × 3 sets
- **Jump Squats** – 15 reps × 3 sets
- **Plank Jacks** – 30 sec × 3 sets

Day 7: Recovery & Stretching

Week 2: Strength & Core Development

Repeat workouts from Week 1 with increased intensity (more reps/time).

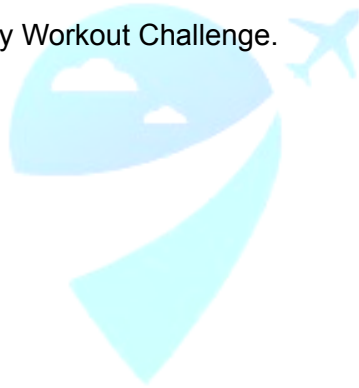
Week 3: Strength & Endurance Progression

Add variations to the existing exercises:

- **Squats → Jump Squats**
- **Push-ups → Diamond Push-ups**
- **Plank → Side Plank (30 sec each side)**

Week 4: Full Intensity Challenge

- **Day 1-3:** Increase workout intensity with extra reps.
- **Day 4:** Active rest with Yoga or stretching.
- **Day 5-6:** High-Intensity Interval Training (HIIT).
- **Day 7:** Final Full-Body Workout Challenge.



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INVEST IN YOURSELF & SHOP SMARTER