



change **IN** seconds

10 Week No Gym Home Workout Plan

MONDAY



20

Squats

15

Sec. Plank

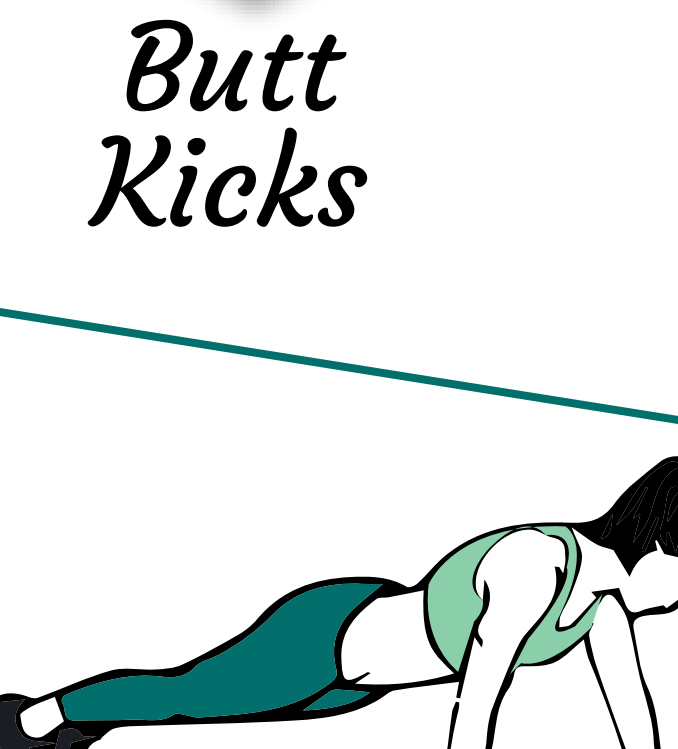


25

Crunches

35

Jumping Jacks

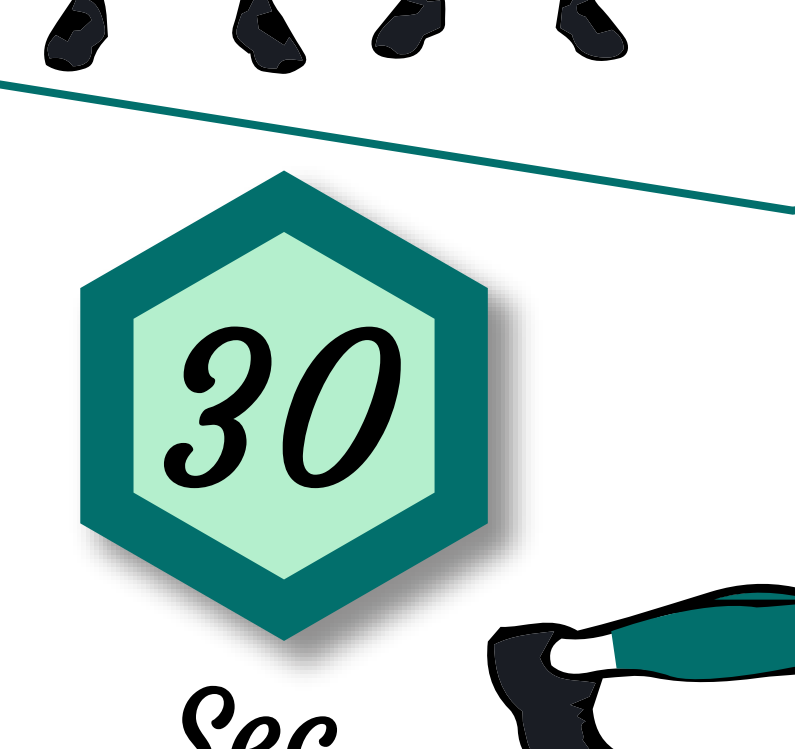
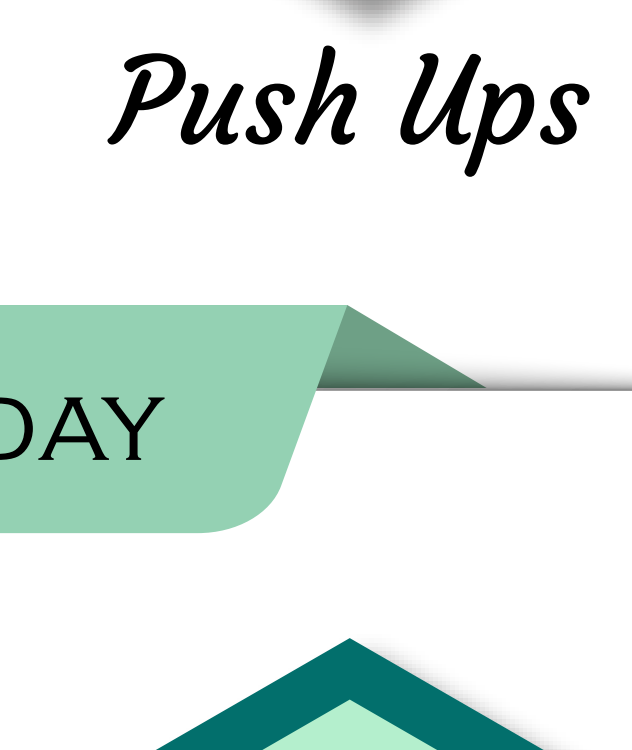


15

Lunges

25

Sec. Wall Sit



10

Sit Ups

10

Butt Kicks



05

Push Ups

TUESDAY

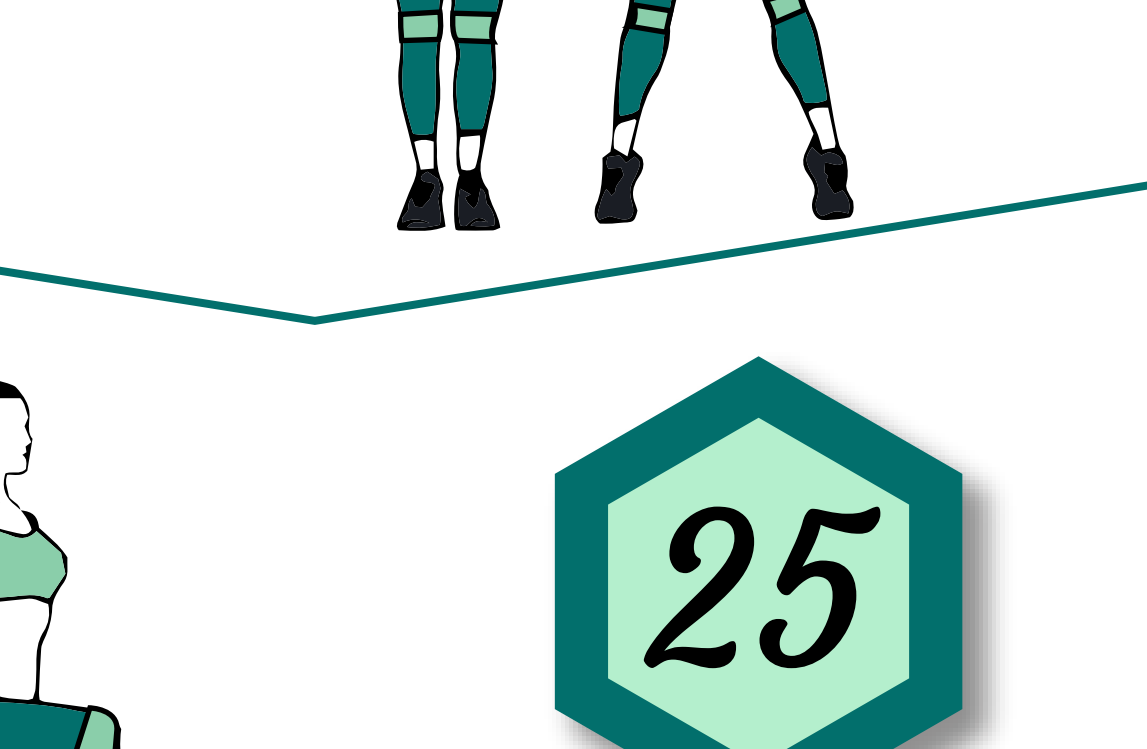


10

Squats

30

Sec. Plank

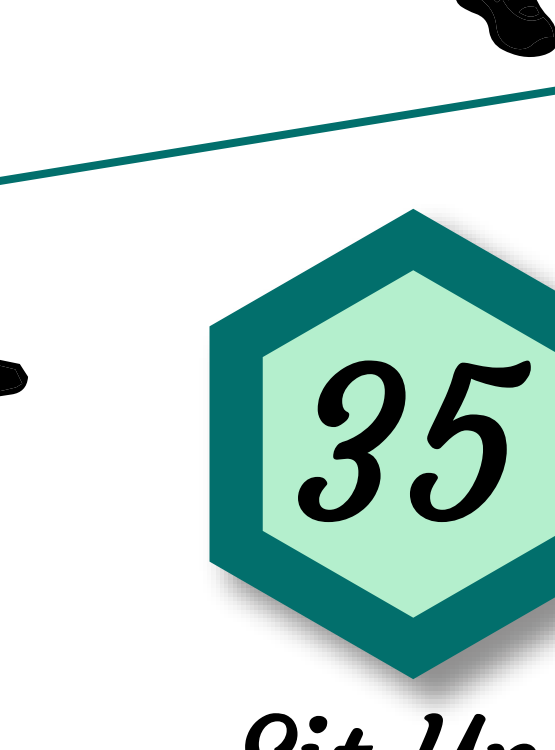


25

Crunches

10

Jumping Jacks

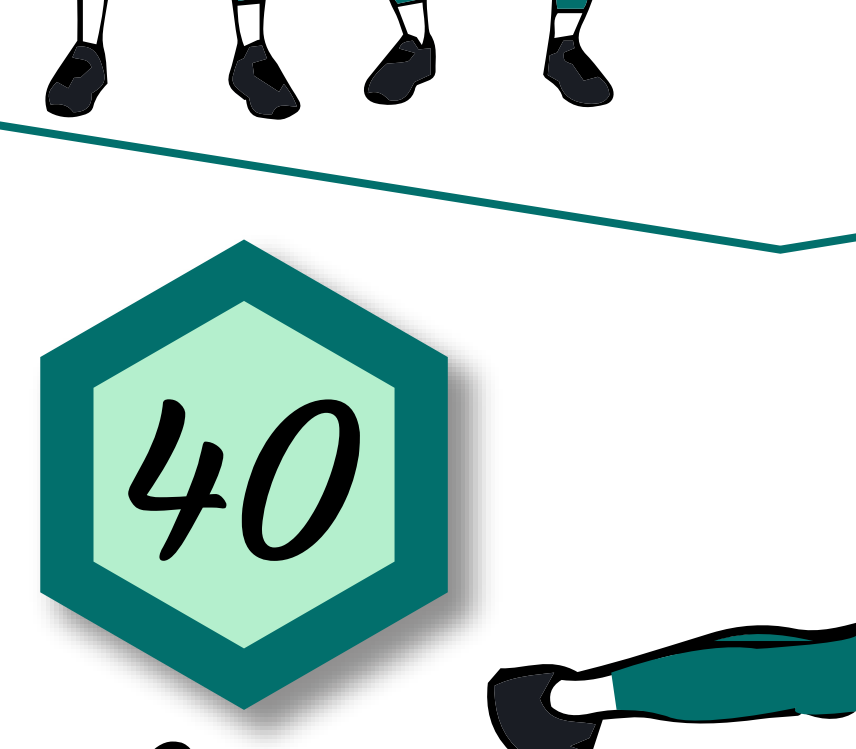


25

Lunges

45

Sec. Wall Sit

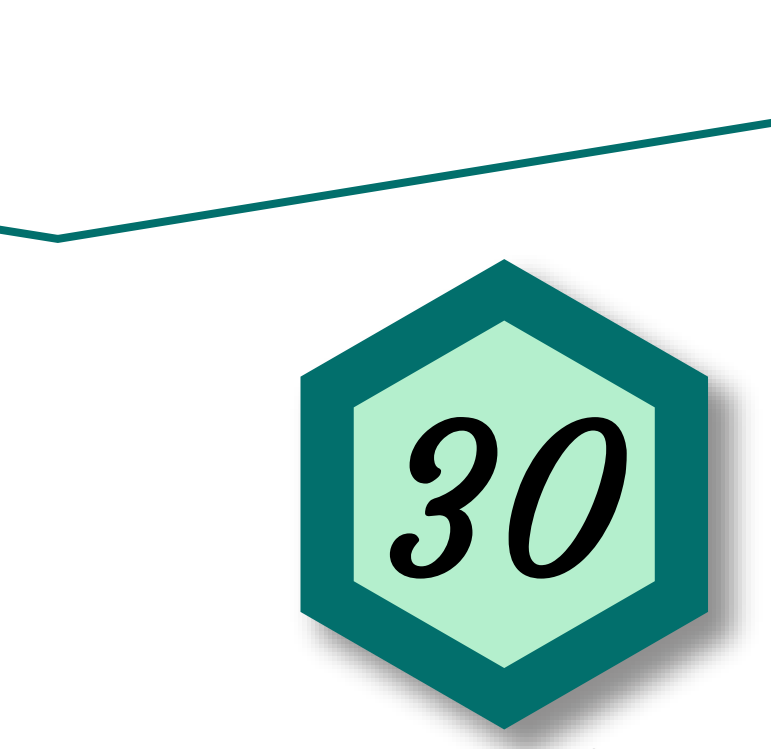


35

Sit Ups

30

Butt Kicks



10

Push Ups

WEDNESDAY



15

Squats

40

Sec. Plank

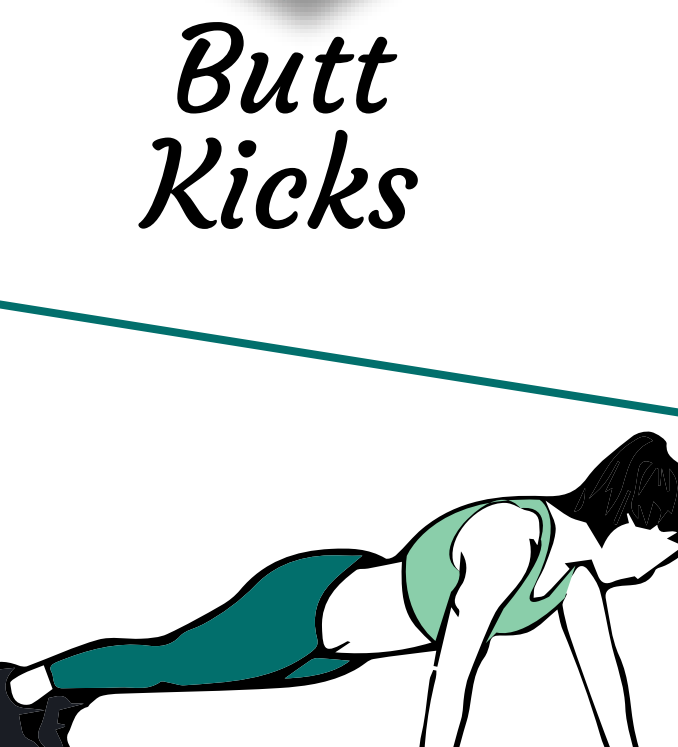


30

Crunches

50

Jumping Jacks

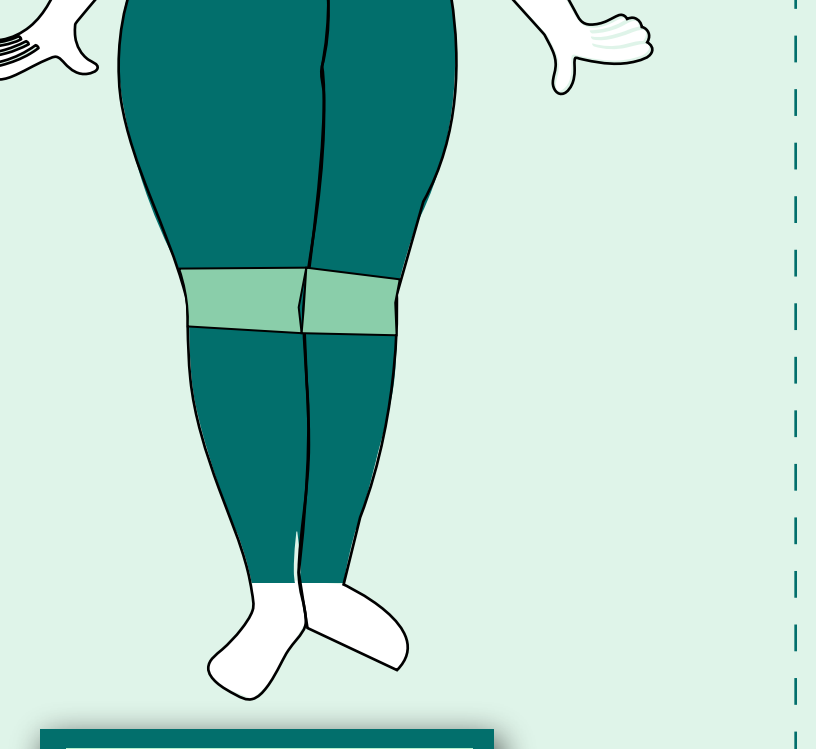
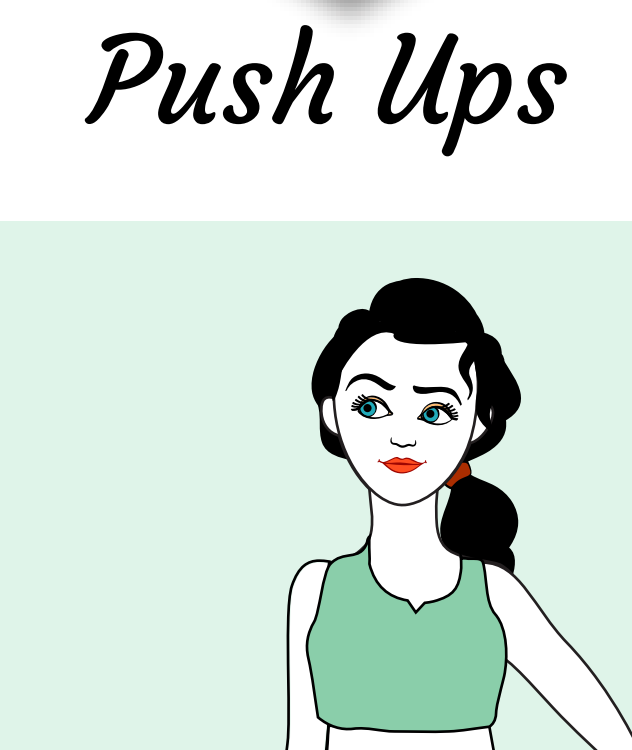


25

Lunges

35

Sec. Wall Sit

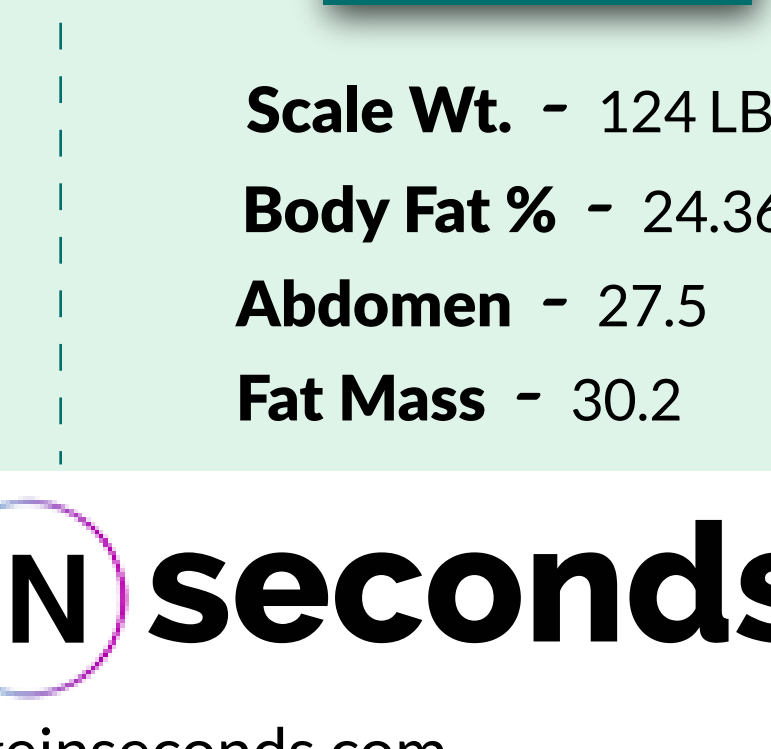


30

Sit Ups

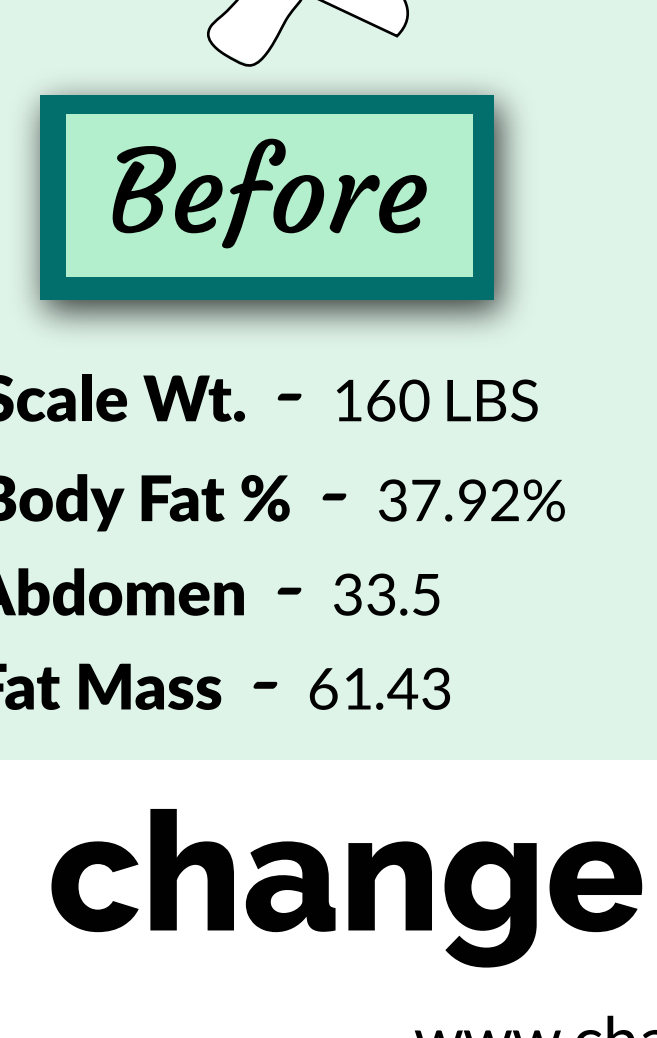
25

Butt Kicks

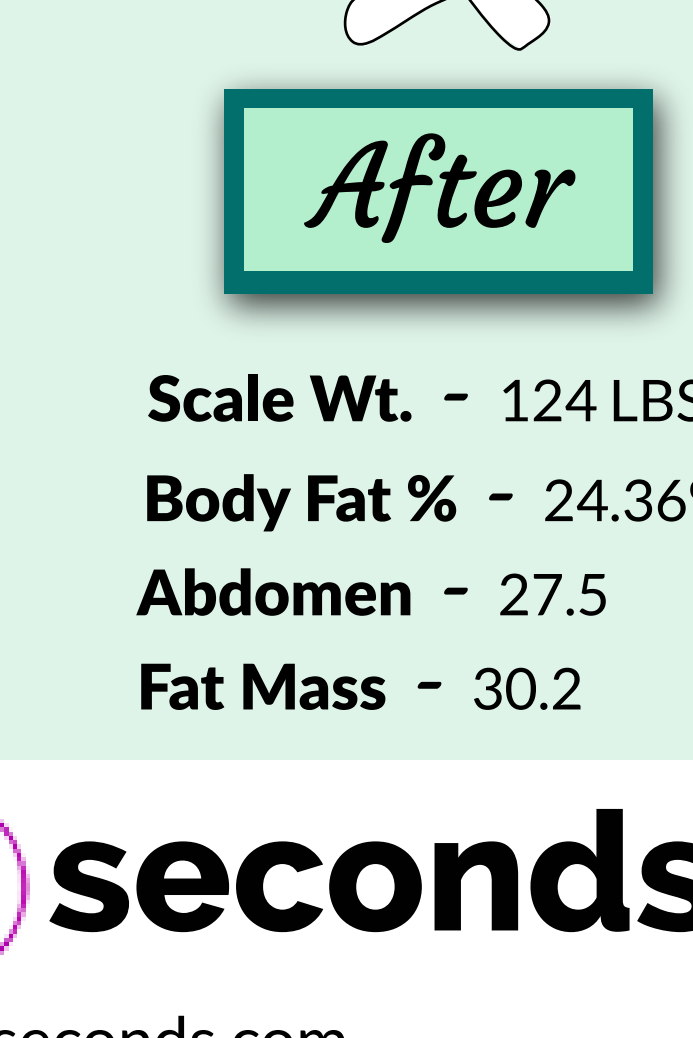


10

Push Ups



Before



After

Scale Wt. - 160 LBS

Body Fat % - 37.92%

Abdomen - 33.5

Fat Mass - 61.43

Scale Wt. - 124 LBS

Body Fat % - 24.36%

Abdomen - 27.5

Fat Mass - 30.2

change **IN** seconds

www.changeinseconds.com