

# BASIC HOME TRAINING PLAN

## Day 1

30 Minutes Cardio in the form of running or cycling. Set a goal to work towards during the week. For example day 1 run 2k and work up to 4k by day 5.

### Daily Core Workout

15 x Squats  
60 seconds Rest  
Press ups for 30 seconds  
60 seconds Rest  
Sit ups for 45 seconds  
60 seconds Rest  
Star Jumps for 60 seconds  
60 seconds Rest  
Plank for 30 seconds  
60 seconds Rest  
10 x Burpees

Carry out 4 times

## Day 2

30 Minutes Cardio in the form of running or cycling. Set a goal to work towards during the week. For example day 1 run 2k and work up to 4k by day 5.

### Daily Core Workout

15 x Split Squats  
60 seconds Rest  
Press ups for 40 seconds  
60 seconds Rest  
Sit ups for 45 seconds  
60 seconds Rest  
Star Jumps for 60 seconds  
60 seconds Rest  
Plank for 40 seconds  
60 seconds Rest  
12 x Burpees

Carry out 4 times

## Day 3

30 Minutes Cardio in the form of running or cycling. Set a goal to work towards during the week. For example day 1 run 2k and work up to 4k by day 5.

### Daily Core Workout

15 x Split Squats  
60 seconds Rest  
Press ups for 40 seconds  
60 seconds Rest  
Sit ups for 45 seconds  
60 seconds Rest  
Star Jumps for 60 seconds  
60 seconds Rest  
Side Plank for 30 seconds  
60 seconds Rest  
15 x Burpees

Carry out 4 times

## Day 4

30 Minutes Cardio in the form of running or cycling. Set a goal to work towards during the week. For example day 1 run 2k and work up to 4k by day 5.

### Daily Core Workout

15 x Tempo Split Squats  
60 seconds Rest  
Press ups for 50 seconds  
60 seconds Rest  
Sit ups for 50 seconds  
60 seconds Rest  
Star Jumps for 60 seconds  
60 seconds Rest  
Press up to Plank x 15  
60 seconds Rest  
15 x Burpees

Carry out 4 times

## Day 5

30 Minutes Cardio in the form of running or cycling. Set a goal to work towards during the week. For example day 1 run 2k and work up to 4k by day 5.

### Daily Core Workout

15 x Tempo Split Squats  
60 seconds Rest  
Press ups for 50 seconds  
60 seconds Rest  
Sit ups for 50 seconds  
60 seconds Rest  
15 x Paused Squats  
60 seconds Rest  
Press up to Plank x 15  
60 seconds Rest  
15 x Burpees

Carry out 4 times