

12 WEEK

NO-GYM

HOME WORKOUT PLAN

ELFITNESS.net

Monday

20 Squats
15 sec Plank
25 Crunches
35 Jumping Jacks
15 Lunges
25 sec Wall Sit
10 Sit ups
10 Butt Kicks
5 Push ups

Tuesday

10 Squats
30 sec Plank
25 Crunches
10 Jumping Jacks
25 Lunges
45 sec Wall Sit
35 Sit ups
20 Butt Kicks
10 Push ups

Wednesday

15 Squats
40 Second Plank
30 Crunches
50 Jumping Jacks
25 Lunges
35 sec Wall Sit
30 Sit ups
25 Butt Kicks
10 Push ups

Sat/Sun

REST

Thursday

35 Squats
30 sec Plank
20 Crunches
25 Jumping Jacks
15 Lunges
60 sec Wall Sit
55 Sit ups
35 Butt Kicks
20 Push ups

Friday

25 Squats
60 sec Plank
30 Crunches
55 Jumping Jacks
60 Lunges
45 sec Wall Sit
40 Sit ups
50 Butt Kicks
30 Push ups

ELFITNESS.net

Cardio (by week)

- 30 second sprint, 30 second jog (x5)
- 35 second sprint, 45 second jog (x6)
- 45 second sprint, 60 second jog (x7)
- 50 second sprint, 45 second jog (x8)
- 55 second sprint, 30 second jog (x7)
- 60 second sprint, 45 second jog (x7)
- 60 second sprint, 45 second jog (x6)
- 65 second sprint, 60 second jog (x5)
- 70 second sprint, 45 second jog (x6)
- 75 second sprint, 30 second jog (x7)
- 80 second sprint, 45 second jog (x8)
- 100 second sprint, 30 second jog (x5)

SPELL YOUR NAME WORKOUT NOW!

A 50 JUMPING JACKS



B 20 CRUNCHES



C 30 SQUATS



D 15 PUSH UPS



E 1 MIN WALL SIT



F 10 BURPEES



G 20 SEC ARM CIRCLES



H 20 SQUATS



I 30 JUMPING JACKS



J 15 CRUNCHES



K 10 PUSH UPS



L 2 MIN WALL SIT



M 20 BURPEES



N 40 JUMPING JACKS



O 25 BURPEES



P 15 SEC ARM CIRCLES



Q 30 CRUNCHES



R 15 PUSH UPS



S 30 BURPEES



T 15 SQUATS



U 30 SEC ARM CIRCLES



V 3 MIN WALL SIT



W 30 BURPEES



X 50 JUMPING JACKS



Y 10 CRUNCHES



Z 20 PUSH UPS



REPEAT 2X

what's *fit activity* FOR kids your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |