

The No-Equipment 2-Week Workout Plan

Muscle Group	Exercise	Reps/Time	Rest
Week 1			
Lower Body	Jumping Jacks	10-12 Reps/45 Seconds	10 Seconds
	Squats	10-12 Reps/45 Seconds	10 Seconds
	Burpees	10-12 Reps/45 Seconds	10 Seconds
	Lunges	10-12 Reps (each leg)/45 Seconds	10 Seconds
	Mountain Climbers	45 Seconds	10 Seconds
60 Second Rest Period – Repeat Workout 3 Times			
Upper Body	Push Ups	10-12 Reps/45 Seconds	10 Seconds
	Sit Ups	25 Reps/45 Seconds	10 Seconds
	Tricep Dips	10-12 Reps/45 Seconds	10 Seconds
	Stomach Crunches	25 Reps (each leg)/45 Seconds	10 Seconds
	Plank	30 Seconds (increase to 45 seconds)	10 Seconds
60 Second Rest Period – Repeat Workout 3 Times			
Week 2			
Full Body	Jumping Jacks	10-12 Reps/45-60 Seconds	10 Seconds
	Push Ups	10-12 Reps/45-60 Seconds	10 Seconds
	Squats	10-12 Reps/45-60 Seconds	10 Seconds
	Sit Ups	25 Reps (each leg)/45-60 Seconds	10 Seconds
	Burpees	10-12 Reps/45-60 Seconds	10 Seconds
	Tricep Dips	10-12 Reps/45-60 Seconds	10 Seconds
	Lunges	10-12 Reps/45-60 Seconds	10 Seconds
	Stomach Crunches	25 Reps/45-60 Seconds	10 Seconds
	Mountain Climbers	45-60 Seconds	10 Seconds
	Plank	45 Seconds (increase to 60 seconds)	10 Seconds
60 Second Rest Period – Repeat Workout 3 Times			

For help follow the links below:

<https://www.exercise.co.uk/learn/beginners-no-equipment-2-week-toning-plan/>

<https://www.exercise.co.uk/learn/the-guide-to-toning-up-at-home/>