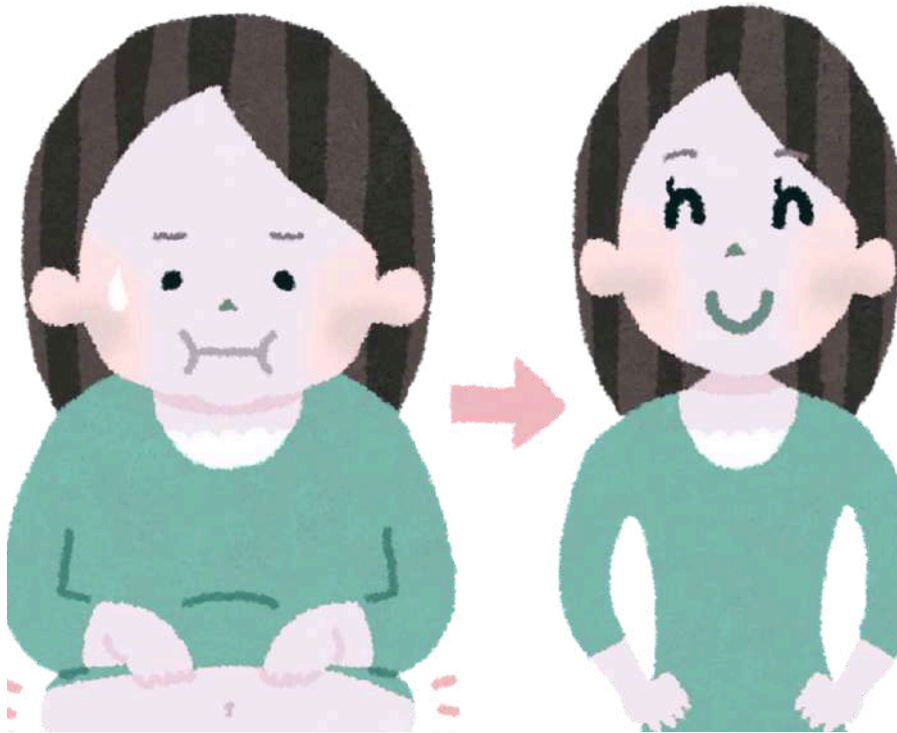


Fitness At Home Without Equipment

Weight loss



- Warm-up(5-10 min) before every workout
- Cool down(5 min) after workpout to realx muscles
- Stay consistent - results come with patience & discipline

Fitness At Home Without Equipment

Transform your mindset,
and your body will follow.

Rule 1: Full body fat burn

- Jumping jacks - 3 sets * 30 sec
- Bodyweight Squats- 3 sets * 15 reps
- Push-ups - 3 sets * 10-12 reps
- Mountain climbers- 3 sets * 30 sec
- Plank - 3 sets * 30 sec hold

Rule 2: Lower Body (Legs & glutes)

- Squats - 4 sets* 15 reps
- Lunges(each leg) - 3 sets * 12 reps
- Glute Bridge - 3 sets * 15 reps
- Claf Raises - 3 sets * 20 reps
- Wall sit - 3 sets * 30 sec

Fitness At Home Without Equipment

Weight loss

Rule 3 : Core & Abs

- Crunches - 3 sets * 15 reps
- Leg Raises - 3 sets * 12 reps
- Plank (with shoulder tap) - 3 sets * 30 sec
- Russian Twists - 3 sets * 20 reps
- Flutter kicks - 3 sets* 20 sec

Rule 4 : Active Rest & Light Cardio

- 20–30 min brisk walk, jog, or cycling
- Stretching & deep breathing exercises

Fitness At Home Without Equipment

Weight loss

Rule 5 : Upper Body & Cardio

- Push-up - 3 sets * 12 reps
- Triceps Dips - 3 sets * 10 reps
- Arm circle - 3 sets * 20 reps
- Burpees - 3 sets * 10 reps
- Jump rope or Knees - 3 sets * 45 sec

Rule 6 : Rest & Recovery

- Light yoga , full-body stretching, or complete rest.