



GEORGINA



# RECREATION AT HOME

The 21-Day at Home Workout Plan  
No fitness equipment required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Day 1</b> 10 squats 10 crunches 15 Sit Ups 35 sec Plank	<b>Day 2</b> 20 Flutter Kicks 45 sec Plank 35 squats 30 crunches	<b>Day 3</b> 35 Sit Ups 25 sec Plank 25 Jumping Jacks 30 Arm Circles	<b>Day 4</b> 10 Squats 10 Crunches 25 Arm Circles 40 sec Plank	<b>Day 5</b> 25 Flutter Kicks 5 Push ups 15 Lunges 15 Butt Kicks	<b>Day 6</b> 40 sec Plank 30 Jumping Jacks 10 Push Ups 25 Squats	<b>Day 7</b> 40 Crunches 5 Push Ups 35 Squats 20 Butt Kicks
<b>Day 8</b> 15 Crunches 6 Leg Raises 30 sec Plank 25 Arm Circles	<b>Day 9</b> 15 Lunges 20 Squats 55 sec Plank 30 Crunches	<b>Day 10</b> 10 Push Ups 25 Lunges 30 Sit Ups 25 sec Plank	<b>Day 11</b> 50 Jumping Jacks 50 Knee Highs 20 Squats 30 sec Plank	<b>Day 12</b> 50 Mountain Climbers 25 Speed Skaters 10 Burpees 30 sec Plank	<b>Day 13</b> 50 Jumping Jacks 20 Cross Body Punches 25 Bicycle Crunches 20 Squats	<b>Day 14</b> 20 Sit Ups 5 Push Ups 20 Squat Jumps 20 Lateral Jumps
<b>Day 15</b> 25 Mountain Climbers 20 Push Ups 25 Sit Ups 50 sec Plank	<b>Day 16</b> 15 Side Crunches 25 Ankle Taps 25 sec Plank 30 Arm Circles	<b>Day 17</b> 10 squats 10 crunches 15 Sit Ups 35 sec Plank	<b>Day 18</b> 40 sec Plank 30 Jumping Jacks 10 Push Ups 25 Squats	<b>Day 19</b> 15 Lunges 20 Squats 55 sec Plank 30 Crunches	<b>Day 20</b> 50 Jumping Jacks 50 Knee Highs 20 Squats 30 sec Plank	<b>Day 21</b> 25 Flutter Kicks 5 Push ups 15 Lunges 15 Butt Kicks