



MY GOAL

4 WEEK BEGINNER CHALLENGE

This workout uses your own body weight in 6 simple moves with a 4 week plan.

RESOURCES: Print the plan and learn the moves for the 4 Week Beginner Challenge.

SUGGESTED GOAL PAIRINGS: Track Progress - Drink Water - Healthy Meal Plan

PROGRESS: For every day you complete the 4 Week Challenge, color in the box.



4 WEEK

WORKOUT PLAN

FOR BEGINNERS

timeshood.com

JUMPING JACKS



PUSH UPS



SQUATS



LUNGES EACH LEG



BURPEES



SIT UPS



Days	Week 1	Week 2	Week 3	Week 4
1	20 Jumping Jacks 10 Push Ups 20 Squats	25 Jumping Jacks 13 Push Ups 25 Squats	35 Jumping Jacks 20 Push Ups 35 Squats	45 Jumping Jacks 26 Push Ups 45 Squats
2	10 Sit Ups 20 Lunges 10 Burpees	13 Sit Ups 30 Lunges 13 Burpees	23 Sit Ups 40 Lunges 20 Burpees	27 Sit Ups 50 Lunges 27 Burpees
3	20 Jumping Jacks 10 Push Ups 20 Squats	30 Jumping Jacks 17 Push Ups 30 Squats	40 Jumping Jacks 23 Push Ups 40 Squats	45 Jumping Jacks 26 Push Ups 45 Squats
4	10 Sit Ups 20 Lunges 10 Burpees	17 Sit Ups 36 Lunges 17 Burpees	23 Sit Ups 45 Lunges 23 Burpees	30 Sit Ups 55 Lunges 27 Burpees
5	25 Jumping Jacks 13 Push Ups 25 Squats	35 Jumping Jacks 20 Push Ups 35 Squats	40 Jumping Jacks 23 Push Ups 40 Squats	50 Jumping Jacks 30 Push Ups 50 Squats
6	13 Sit Ups 26 Lunges 13 Burpees	20 Sit Ups 40 Lunges 20 Burpees	27 Sit Ups 50 Lunges 23 Burpees	30 Sit Ups 60 Lunges 30 Burpees
7	Rest & Stretch	Rest & Stretch	Rest & Stretch	Rest & Stretch

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28