



At Home Weights Training Program

Weeks 5-6

Date	Body Part	Exercise	Sets	Reps	Rest	Cardio
Monday	Tabata Workout	Jumping Backs	3	20 seconds	10 seconds	40min Brisk walk
		Squat Presses with Kettlebells	3	20 seconds	10 seconds	
		Skipping	3	20 seconds	10 seconds	
		Back Rows with a Resistance Band	3	20 seconds	10 seconds	
		Burpees	3	20 seconds	10 seconds	
		Walking Lunges with Kettlebells	3	20 seconds	10 seconds	
		Mountain Climbers	3	20 seconds	10 seconds	
Tuesday						40min Brisk walk
Wednesday	Tabata Workout	Jumping Backs	3	20 seconds	10 seconds	40min Brisk walk
		Squat Presses with Kettlebells	3	20 seconds	10 seconds	
		Skipping	3	20 seconds	10 seconds	
		Back Rows with a Resistance Band	3	20 seconds	10 seconds	
		Burpees	3	20 seconds	10 seconds	
		Walking Lunges with Kettlebells	3	20 seconds	10 seconds	
		Mountain Climbers	3	20 seconds	10 seconds	
Thursday						40min Brisk walk
Friday	Tabata Workout	Jumping Backs	3	20 seconds	10 seconds	40min Brisk walk
		Squat Presses with Kettlebells	3	20 seconds	10 seconds	
		Skipping	3	20 seconds	10 seconds	
		Back Rows with a Resistance Band	3	20 seconds	10 seconds	
		Burpees	3	20 seconds	10 seconds	
		Walking Lunges with Kettlebells	3	20 seconds	10 seconds	
		Mountain Climbers	3	20 seconds	10 seconds	
Saturday						40min Brisk walk
Sunday						40min Brisk walk



Diagrams of Exercises

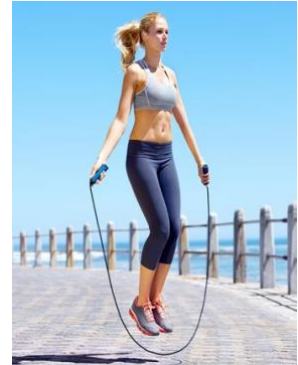
Jumping Jacks



Squat Presses with a Kettlebell



Skipping



Back Rows with Resistance Bands



Burpees





Walking Lunges with Kettlebells



Mountain Climbers

