

Beginner 8 Week Home Workout Plan (no equipment)

Disclaimer

You should always consult with a medical professional before beginning any exercise program. Furthermore, these free programs are not intended to diagnose, treat, or cure any condition or disease. Utilising the information within this program is at the sole choice and risk of the reader. If you engage in these exercise programs, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the author from any and all claims or causes of action, known or unknown, arising out of the contents of these programs. The author advises you to take full responsibility for your safety and to know your limits. Before practising the skills described in the workout section, the author recommends to consult with a personal trainer in person, to properly assess and advise correct form to prevent potential injuries occurring.

This plan is for anyone who wants to lose some weight with home workouts and doesn't have access to equipment. I do recommend you get some dumbbells though and try the dumbbell home workout plan, as dumbbells are all you need for a great full body workout.

Week 1

FULL BODY #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Press Ups	3	8-15	3	Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Floor Pull Up	3	10-12	2	Grab a towel or shirt and hold it in front of you shoulder width apart. Pull towards you while lifting your chest up slightly
Squats	3	8-12	3	Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Lateral Raises	2	10-15	1-2	Grab a book or so in each hand, with slightly bent arms, raise your arms up just below shoulder height. Slow movement.
Standing Knee-To-Elbows	3	10-14	3	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #2

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Seated Bent Over Flys	3	10-12	3	Keep back straight while bent over. You can add weight with a light object in each hand if possible. Pull up and back.
Wall Shoulder Press	3	10-12	3	Lean into a solid wall with hands placed at head height, elbows flared outwards, press by engaging shoulder and triceps.
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back.
Sit Ups	2	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

Week 2

FULL BODY #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Press Ups	3	8-15	3	Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Floor Pull Up	3	10-12	2	Grab a towel or shirt and hold it in front of you shoulder width apart. Pull towards you while lifting your chest up slightly
Squats	3	8-12	3	Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Lateral Raises	2	10-15	1-2	Grab a book or so in each hand, with slightly bent arms, raise your arms up just below shoulder height. Slow movement.
Standing Knee-To-Elbows	3	10-14	3	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #2

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Seated Bent Over Flys	3	10-12	3	Keep back straight while bent over. You can add weight with a light object in each hand if possible. Pull up and back.
Wall Shoulder Press	3	10-12	3	Lean into a solid wall with hands placed at head height, elbows flared outwards, press by engaging shoulder and triceps.
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back.
Sit Ups	2	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

Week 3

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Press Ups	3	8-15	3	Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Floor Pull Up	3	10-12	2	Grab a towel or shirt and hold it in front of you shoulder width apart. Pull towards you while lifting your chest up slightly
Seated Bent Over Flys	3	10-12	3	Keep back straight while bent over. You can add weight with a light object in each hand if possible. Pull up and back.
Wall Shoulder Press	3	10-12	3	Lean into a solid wall with hands placed at head height, elbows flared outwards, press by engaging shoulder and triceps.
Sit Ups	2	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Squats	3	8-12	3	Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Side Lunges	3	8-12	3	Feet wide apart shifting weight from one leg to the other while hands together, or hands on knees for support.
Glute Bridge	3	8-12	2-3	Lay flat with legs bent, raise up by engaging your glutes and lower back until fully straight. Squeeze glutes each rep.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back.
Calf Raises	3	10-14	2	Can use bodyweight on flat surface or bottom step of a staircase is great for allowing your heel to drop lower than your toes.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Standing Knee-To-Elbows	3	10-14	3	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.
Wall Tricep Extension	3	10-12	2	Lean into a solid wall with hands at shoulder height, elbows facing the floor. Press away by engaging your triceps. Can be kneeling.
Bicep Leg Curl	3	8-14	2	While sitting, one leg relaxed one flexed 90 degrees. With the opposite arm, hook under your leg and curl upwards.
Plank	2	20SEC	2-3	Remain in a straight body position, don't let hips dip too low.

Week 4

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Press Ups	3	8-15	3	Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Floor Pull Up	3	10-12	2	Grab a towel or shirt and hold it in front of you shoulder width apart. Pull towards you while lifting your chest up slightly
Seated Bent Over Flys	3	10-12	3	Keep back straight while bent over. You can add weight with a light object in each hand if possible. Pull up and back.
Wall Shoulder Press	3	10-12	3	Lean into a solid wall with hands placed at head height, elbows flared outwards, press by engaging shoulder and triceps.
Sit Ups	2	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Squats	3	8-12	3	Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Side Lunges	3	8-12	3	Feet wide apart shifting weight from one leg to the other while hands together, or hands on knees for support.
Glute Bridge	3	8-12	2-3	Lay flat with legs bent, raise up by engaging your glutes and lower back until fully straight. Squeeze glutes each rep.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back.
Calf Raises	3	10-14	2	Can use bodyweight on flat surface or bottom step of a staircase is great for allowing your heel to drop lower than your toes.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Standing Knee-To-Elbows	3	10-14	3	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.
Wall Tricep Extension	3	10-12	2	Lean into a solid wall with hands at shoulder height, elbows facing the floor. Press away by engaging your triceps. Can be kneeling.
Bicep Leg Curl	3	8-14	2	While sitting, one leg relaxed one flexed 90 degrees. With the opposite arm, hook under your leg and curl upwards.
Plank	2	20SEC	2-3	Remain in a straight body position, don't let hips dip too low.

**You're doing great! It's now time to up the intensity, give it your all in these final few weeks and up the reps where you can!
I hope you're ready for the challenge!**

Week 5

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Press Ups	3	8-15	3	Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Floor Pull Up	3	10-12	2	Grab a towel or shirt and hold it in front of you shoulder width apart. Pull towards you while lifting your chest up slightly
Seated Bent Over Flys	3	10-12	3	Keep back straight while bent over. You can add weight with a light object in each hand if possible. Pull up and back.
Wall Shoulder Press	3	10-12	3	Lean into a solid wall with hands placed at head height, elbows flared outwards, press by engaging shoulder and triceps.
Sit Ups	2	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Squats	3	8-12	3	Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Side Lunges	3	8-12	3	Feet wide apart shifting weight from one leg to the other while hands together, or hands on knees for support.
Glute Bridge	3	8-12	2-3	Lay flat with legs bent, raise up by engaging your glutes and lower back until fully straight. Squeeze glutes each rep.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back.
Calf Raises	3	10-14	2	Can use bodyweight on flat surface or bottom step of a staircase is great for allowing your heel to drop lower than your toes.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Standing Knee-To-Elbows	3	10-14	3	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.
Tricep Dips	3	8-12	2-3	Legs flexed 90 degrees makes this easier, legs straight increases difficulty. Ensure arms reach 90 degree bend each rep.
Bicep Leg Curl	3	8-14	2	While sitting, one leg relaxed one flexed 90 degrees. With the opposite arm, hook under your leg and curl upwards.
Plank	2	20SEC	2-3	Remain in a straight body position, don't let hips dip too low.

Week 6

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Press Ups	3	8-15	3	Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Floor Pull Up	3	10-12	2	Grab a towel or shirt and hold it in front of you shoulder width apart. Pull towards you while lifting your chest up slightly
Seated Bent Over Flys	3	10-12	3	Keep back straight while bent over. You can add weight with a light object in each hand if possible. Pull up and back.
Wall Shoulder Press	3	10-12	3	Lean into a solid wall with hands placed at head height, elbows flared outwards, press by engaging shoulder and triceps.
Sit Ups	2	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Squats	3	8-12	3	Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Side Lunges	3	8-12	3	Feet wide apart shifting weight from one leg to the other while hands together, or hands on knees for support.
Glute Bridge	3	8-12	2-3	Lay flat with legs bent, raise up by engaging your glutes and lower back until fully straight. Squeeze glutes each rep.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back.
Calf Raises	3	10-14	2	Can use bodyweight on flat surface or bottom step of a staircase is great for allowing your heel to drop lower than your toes.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Standing Knee-To-Elbows	3	10-14	3	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.
Tricep Dips	3	8-12	2-3	Legs flexed 90 degrees makes this easier, legs straight increases difficulty. Ensure arms reach 90 degree bend each rep.
Bicep Leg Curl	3	8-14	2	While sitting, one leg relaxed one flexed 90 degrees. With the opposite arm, hook under your leg and curl upwards.
Plank	2	20SEC	2-3	Remain in a straight body position, don't let hips dip too low.

Week 7

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Press Ups	3	8-15	3	Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Floor Pull Up	3	10-12	2	Grab a towel or shirt and hold it in front of you shoulder width apart. Pull towards you while lifting your chest up slightly
Seated Bent Over Flys	3	10-12	3	Keep back straight while bent over. You can add weight with a light object in each hand if possible. Pull up and back.
Wall Shoulder Press	3	10-12	3	Lean into a solid wall with hands placed at head height, elbows flared outwards, press by engaging shoulder and triceps.
Sit Ups	2	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Squats	3	8-12	3	Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Side Lunges	3	8-12	3	Feet wide apart shifting weight from one leg to the other while hands together, or hands on knees for support.
Glute Bridge	3	8-12	2-3	Lay flat with legs bent, raise up by engaging your glutes and lower back until fully straight. Squeeze glutes each rep.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back.
Calf Raises	3	10-14	2	Can use bodyweight on flat surface or bottom step of a staircase is great for allowing your heel to drop lower than your toes.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Standing Knee-To-Elbows	3	10-14	3	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.
Tricep Dips	3	8-12	2-3	Legs flexed 90 degrees makes this easier, legs straight increases difficulty. Ensure arms reach 90 degree bend each rep.
Bicep Leg Curl	3	8-14	2	While sitting, one leg relaxed one flexed 90 degrees. With the opposite arm, hook under your leg and curl upwards.
Plank	2	20SEC	2-3	Remain in a straight body position, don't let hips dip too low.

Week 8**FULL BODY #1**

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Press Ups	3	8-15	3	Kneeling or straight depending on your ability. Arms little wider than shoulder width, elbows flared out slightly.
Floor Pull Up	3	10-12	2	Grab a towel or shirt and hold it in front of you shoulder width apart. Pull towards you while lifting your chest up slightly
Squats	3	8-12	3	Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Lateral Raises	2	10-15	1-2	Grab a book or so in each hand, with slightly bent arms, raise your arms up just below shoulder height. Slow movement.
Standing Knee-To-Elbows	3	10-14	3	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.

FULL BODY #2

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Tricep Dips	3	8-12	2-3	Legs flexed 90 degrees makes this easier, legs straight increases difficulty. Ensure arms reach 90 degree bend each rep.
Wall Shoulder Press	3	10-12	3	Lean into a solid wall with hands placed at head height, elbows flared outwards, press by engaging shoulder and triceps.
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back.
Sit Ups	2	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Enjoy your final walk of the program. Hopefully you've benefited from getting out and active a little more.

**Congratulations on completeing the workout plan!
I hope you've taken some progress pictures, tag me on socials and let me see your progress! #fitmanmode**

<https://linktr.ee/ryannetteship>