

The Five Best Home Workout Programs for Weight Loss

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Here's a list of the five best at home workout programs for weight loss you can incorporate into your daily regime.

1. **Aerobic Cardio Training**
2. **HIIT**
3. **Bodyweight CrossFit**
4. **Tabata**
5. **Dumbbell Training**

1. Aerobic Cardio

Aerobic training is a pretty convenient and inexpensive way to shed some excess kilos at home without equipment.

It is suitable for all fitness levels. Whether you're a beginner or intermediate, male or female, teenager or elder, you can do low-impact cardio to speed up your weight loss.

I've created a 30-min routine, you can follow it routinely if you like.

30-min Cardio Workout Program for Weight Loss At Home

Summary

- Number of rounds: 3
- Duration of one round: 10 minutes
- Training type: Cardio

Round 1

- 10 [Half Burpees](#), 45-sec rest
- 20-sec [Mountain Climbers](#), 30-sec rest

- 20 [Standard Squats](#), 60-sec rest
- 15 [Kneeling Push-ups](#), 60-sec rest
- 30-sec Plank, 30-sec rest

Round 2

- 10 [Jump Squats](#), 30-sec rest
- 20-sec Mountain Climbers, 30-sec rest
- 10 [Forward Lunges](#) each side, 45-sec rest
- 10 Leg Raises, 30-sec rest
- 10 crunches, 30-sec rest
- 20-sec Side Plank each side with little to no rest.

Round 3

- 20-sec High Knees, 30-sec rest
- 10 Bicycle Crunches, 30-sec rest
- 10 Half Burpees, 45-sec rest
- 15-sec Flutter Kicks, 30-sec rest
- 30-sec Plank, 30-sec rest
- 20 Reverse Crunches

2. High-Intensity Interval Training (HIIT)

High-intensity interval training (HIIT) is one of the best home workout programs for weight loss. It is a great way to burn more calories in a quick time, accelerate weight loss and enhance metabolism and cardiovascular health.

Some studies even suggested that HIIT is an inexpensive alternative to [weight loss supplements](#) for reducing fats.

You can do myriad [exercises in the HIIT](#) program. Some are easy and some challenging so you can combine them to make an efficient workout plan.

You may also like: [The Ultimate Pros and Cons of HIIT Workout](#)

Here I've created the best [HIIT workout program](#) that you can do to lose weight at home.

30-minute HIIT Home Workout Program to Lose Weight

Round 1	Round 2	Round 3
10 Burpees, 20-sec rest	10 Jump Squats, 30-sec rest	20-sec Mountain Climbers, 30-sec rest
30-sec Mountain Climbers, 20-sec rest	10 Crunches, 30-sec rest	10 Reverse Lunges, 30-sec rest
20-sec High Knees, 20-sec rest	15 pushups, 30-sec rest	10 Man Maker , 30-sec rest
10 Heel Touch Crunches, 30-sec rest	20-sec Mt. Climbers, 30-sec rest	10 V-Ups Crunches, 30-sec rest
15 Standard Squats, 30-sec rest	20-sec Flutter Kicks, 30-sec rest	10 Burpees, 20-sec rest
10 Dead Bug , 30-sec rest	10 Split Squat Jump, 30-sec rest	20-sec Russian Twist, 20-sec rest
45-60 Plank, 30-sec rest	20-sec Side Plank each side, 15-sec rest	45-60 Plank, 30-sec rest

Related: [The Best Weekly HIIT Workout Plan](#)

3. Bodyweight CrossFit

[CrossFit exercises](#) are performed with and without equipment, since you work out at home, you can do [bodyweight Crossfit](#) to burn plenty of calories in quick time. So you can also combine it with other weight loss home workout programs.

Here's a sample workout plan I've created for you.

30-minute CrossFit Workout Program at Home with no equipment

- AMRAP for 10 minutes
- EMOM for 10 minutes
- 1 to 10 Ascending Ladder for 5 minutes
- 10 to 1 Descending Ladder for 5 minutes

Do as many rounds as possible (AMRAP) for 10 minutes

- 10 Burpees
- 20-sec Mountain Climbers

- 5 Squat Jump
- 10 pushup

Try to complete at least two rounds in eight to ten minutes but three would be more effective.

Once you finish, take a break for a couple of minutes and then move on to the next one.

“Every Minute on the Minute” (EMOM) for 10 minutes

The EMOM challenges you to complete as many repetitions as possible within one minute with a very short recovery time, a maximum of 15 to 20 seconds.

It will be challenging at first but you’ll enjoy it after a certain period of time.

Here are the ten exercises you can do in ten minutes.

1. Air Squat (at least 15 squats)
2. Pushup (minumum 15 reps)
3. Flutter Kicks (mininum 30 seconds)
4. Burpees (at least 5-6 reps)
5. Lying Leg Raises (minimum 10 reps)
6. Mountain Climber (at least 30-sec at your own pace)
7. [Superman Pull](#) (at least 10 reps)
8. Plank (40-45 sec)
9. Side Plank (20-25 sec/side)
10. Flutter Kicks

Once you complete this round, take a rest for 2-3 minutes and get ready for the next round.

1 to 10 Ascending Ladder Workout for 5 minutes

Do the following exercises with a short recovery period between them.

- 1 Burpees
- 2 Pushups
- 3 Squats
- 4 Crunches
- 5 Reverse Crunches
- 6 Forward Lunges
- 7 Lying Leg Lifts
- 8 Pushups
- 9 Squats

- 10-sec High knees

You can take a rest for the remaining time. For example, if you finish these exercises in three minutes, you'll have two minutes for recovery. Recovery is important as they preserve energy for the next round.

10 to 1 Descending Ladder Workout for 5 minutes

- 10-sec Mountain Climbers
- 9 reps Reverse Crunches
- 8 reps Squat
- 7 Pushups
- 6 Dead Bug
- 5 Glutes Bridge
- 4 Standing Calf Raise
- 3 Heel Touch Crunch
- 2 Squat Jump
- 1 Burpees

Related: [CrossFit Workouts Without Equipment \(25 WODs\)](#)

4. Tabata

Tabata is a high-intense workout training that challenges you to perform a set of exercises (like [circuit training](#)) in a certain amount of time without rest between workouts.

It is more intense than typical HIIT and provides the same benefits but in the shortest time. However, it is not suitable for beginners, even intermediate find it challenging to perform for thirty minutes.

Nevertheless, you can give it try once you enhance your endurance.

I've created a sample for you, if you like you can do the following schedule:

20-minute Tabata Workout Training at Home for Weight Loss

Summary:

- Each round: 4-minutes
- Number of rounds: 5
- Do 5 reps each exercise

Round 1	Round 2	Round 3	Round 4	Round 5
Burpees	High Knees	Jump squats	Burpee	Jumping Jacks
Kneeling Push-up	Mountain Climbers	Alternate Heel Touch Crunches	Lateral Squat	Bear Crawl
Reverse Lunges	Flutter kicks	Squat Thrusts	Side-plank	Lying IYT Raises
Squat	Plank	Leg Raises	Glute Bridges	Burpees
Reverse Crunches	Crunches	Russian Twist	High Knees	Reverse Crunches
Leg Raises	Bear Crawl	Plank	Squat	Plank

5. Dumbbell Training

Dumbbell exercises are good for growing strength and lean mass as well as improving body composition.

You can do plenty of [dumbbell exercises at home without a bench](#). I've gathered some of the best [dumbbell HIIT workouts](#) you can do to speed up fat loss while developing lean mass.

30 Minutes Dumbbell Home Workout Routine for Weight Loss

Here, I've made a sample of a dumbbell home workout program for weight loss if you want to increase weight loss you can follow it.

Summary

- Number of rounds: 4
- Reps per exercise: 6-8
- Time limit for one round: 7 minutes
- Number of exercises in each round: 5

Round 1	Round 2	Round 3	Round 4
Single-Arm Dumbbell Swing	Dumbbell Squat to Calf Raises	Dumbbell Squat Swing	Dumbbell Push Press

Round 1	Round 2	Round 3	Round 4
Dumbbell Squat Jump	Dumbbell Step-up	Standing Dumbbell Side Bend	One-arm Dumbbell Rowing
Dumbbell Push Press	Incline Dumbbell IYT Raises	Dumbbell Deadlift to Upright Row	Dumbbell Clean and Press
Dumbbell Man Makers	Dumbbell Lunges	Both-arm Dumbbell Swings	Dumbbell Deadlift
Dumbbell Surrenders	Dumbbell Crunches	Dumbbell Floor Press	Dumbbell Lunges

Related: [The Best Dumbbell HIIT Workout Plan](#)

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