

4 WEEK HOME WORKOUT PLAN FOR WEIGHT LOSS

If you work out at home, you'll primarily consider bodyweight exercises. That's why I've incorporated those exercises that you can do with minimal to no equipment in this 4-week workout plan for fat loss.

This routine is unique and will be highly effective for speeding up weight loss.

So whether you're a male or female, follow the below 4-week weight loss workout plan to shed some body fat percentage.

Overview of 4-week home workout routine for weight loss

- **Week 1** – Moderate Intensity Aerobic Training
- **Week 2** -High-intensity Interval Training
- **Week 3** – Tabata Workout
- **Week 4** – CrossFit Workout

Wee 1 – Moderate Intensity Aerobic Training

You'll do exercises at a normal intensity during the first week. For example, performing an exercise at 60 to 75 percent of your maximum heart rate for 20 seconds and then resting for 30 to 40 seconds.

Doing exercises at a moderate speed will boost your endurance and help you perform high-intensity training in the next week.

Okay, so let's see what exercises you'll do in your weight loss workout plan during the first week.

Exercise	Time/Reps	Rest
Jumping Jacks	20 seconds	40 seconds
High Knees	20 seconds	40 seconds
Running at Home	20 seconds	40 seconds
Mountain Climbing	15 seconds	30 seconds

Exercise	Time/Reps	Rest
Bear Crawl	30 seconds	60 seconds
Inchworm	30 seconds	1-minute
Floor IYT Raise	6 reps	1-minute
Reverse Crunches	10 reps	60 seconds
Leg Raises	10 reps	60 seconds
Plank	30 seconds	60 seconds
Side Plank	15 seconds	30 seconds
Heel Touch Side Crunches	10 reps	60 seconds
V ups	10 reps	60 seconds
Burpees	AMRAP	1-2 minute
Squat	AMRAP	1-2 minute
Pushups	AMRAP	1-2 minute
Bench Dips	AMRAP	1-2 minute

Do at least 6 to 8 exercises in a couple of rounds for 45 to 60 minutes every day for 5 days a week.

Week 2 – High-intensity Interval Training

After completing the first week of training, you'll need to increase the intensity of the workout. And that's why I've included high-intensity interval training (HIIT) in the second week of the 4-week fat loss workout plan.

So let's find out how to do HIIT to lose weight at home.

Related: [HIIT And Intermittent Fasting: What Are Pros & Cons](#)

5 DAY HIIT HOME WORKOUT PLAN FOR WEIGHT LOSS

Day 1	Day 2	Day 3	Day 4	Day 5	REST After Day 3 and 5
Jump squats	Skipping Rope	Mountain Climbers	Skipping Rope	Burpee	
Burpees	High Knees	Jumping jacks	High Knees	Jump squats	
Situps	Plank to push-up	Jump squats	Plank to push-up	Bear Crawl	
Squat Thrusts	Bulgarian split Squats	Plank	Burpee	Side-planks	
Kneeling Push-up	Side Lunges	Push-up	Side Lunges	Bicycle crunch	
Walking Lunges	Air plunge	Squat Thrusts	Lateral Squats	Table-top crunches	
Standing Calf Raise	Reverse Crunch	Bench Dips	Stationary Run	Russian Twist	
Mountain Climbers	Toe-touch crunches	Walking Lunges	Reverse Crunch	Jumping Jacks	
Side Heal Touching	V-up crunches	Glutes Bridge	Scissors Kicks	Squats	
	Planks				
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Perform each exercise for 20 to 30 seconds and take as little rest as possible between sets.

Related Articles:

- [Calisthenics For Weight Loss \(Workout And Plan\)](#)
- [Full Body Dumbbell Workout For Weight Loss](#)
- [The Best Lowest Calorie Foods For Weight Loss](#)
- [HIIT Treadmill Workout For Beginners And Fat Loss](#)
- [The 15-Minute HIIT Core Workout And Exercises](#)

Week 3 – Tabata Workout

Tabata is more intense and has a shorter recovery period than HIIT.

Each Tabata round lasts 4 minutes, comprises eight intervals of 20 seconds of highly intense activity followed by ten seconds of rest.

It means you'll need to do 8-10 rounds to burn the maximum calories.

You can take 2-minute rest between each round.

Here's how you can do a Tabata workout in the third week of a 4-week weight loss workout plan.

5 DAY TABATA WORKOUT PLAN FOR WEIGHT LOSS

Day 1	Day 2	Day 3	Day 4	Day 5	REST After Day 3 and 5
Lateral Slide	Mountain Climbers	Jump squats	Skipping Rope	Burpee	
Burpees	Flutter kicks	Squat Thrusts	Plank to push-up	Bear Crawl	
Kneeling Push-up	Jumping Rope	Walking Lunges	Burpee	Side-planks	
Reverse Lunges	Plank	High knees	Side Lunges	Reverse crunch	
Squat	Crunches	Reverse Crunches	Stationary Run	Russian Twist	
Reverse Crunch	Plank to push-up	Bear Crawl	Reverse Crunch	Jumping Jacks	
Leg Raises	Flutter Kicks	Burpee	Scissors Kicks	Squats	
Lateral Squat		Plank	Lateral Slide	Leg Raises	
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Week 4 – Bodyweight Crossfit Workout Plan For Weight Loss

[CrossFit](#) is a strengthening and conditioning exercise that requires little to no equipment. They are performed at high intensity and can be done anywhere.

If you truly want to lose weight, do each exercise at a higher intensity with a shorter recovery period.

I'm going to share a 5-day CrossFit exercise that you can do during the fourth week to lose weight at home.

Try to perform 45 to 60 minutes to get the best result.

Recommended 5-6 rounds.

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

5 DAY Bodyweight CrossFit Weight Loss Workout Plan

Day 1	Day 2	Day 3	Day 4	Day 5	REST After Day 3 and 5
WOD #1 10 Burpees 10 Pullups 12 Chinups 10 Lunges 10 Squat Thrust 12 V ups Russian Twist – 15 seconds	WOD #2 10 Burpees 20-seconds High Knees Jumping Rope – 2 mins 10 Dips 20 Squats 20 Pushups 30-sec Plank 20 Crunches 10 Hanging Knee Raise	WOD #3 Mountain – 15 seconds Hanging Knees Raises – 10 reps Sits up – 15 reps Russian Twist – 15 seconds Toe Touch Crunches – 10 reps Plank – 30 Seconds Leg Raises – 10 reps V up – As many reps as possible	WOD #4 Mountain Climbing – 15 seconds High knees – 15 seconds Triangle Pushup – 10 reps IYTWO Raises – 10 reps Squat to Heel Raises – 10 reps Leg Raises – 10 reps V Ups – 10 reps Plank – 30 seconds	WOD #5 10 Burpees 20-seconds High Knees Jumping Rope – 2 mins 10 Dips 20 Squats 20 Pushups 30-sec Plank 20 Crunches	
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