

The Best 21 Day Home Workout Plan With PDF

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I'll share a simple, effective, and easy-to-follow 21 day home workout plan with PDF for beginners that requires [no equipment](#). So if you want to build up your strength, [gain muscles](#), and improve balance and flexibility, you can download this program.

This workout program will help you develop a better physique and scale you up for [weight training](#).

Summary

- **Routine Type:** Full Body
- **Number of training days per week:** 5 days
- **Targeted Gender:** [Male and Female](#)
- **Workout Duration of one session:** 20-30 minutes
- **Plan Goal:** Increase strength, lean mass, balance, and improve shape.
- **How to perform exercises:** You'll need to perform exercises in a circuit or round.
- **Alternate Plan:** [6 Week Bodyweight Training Plan](#)
- [Recommended Supplements](#)

I've included many workouts from this [beginner's bodyweight workout guide](#). So if you want to know how to perform various workouts for each muscle with step-by-step instructions, you can check that out.

Day 1

Perform 2 rounds

- 10 [Half Burpees](#), 45-sec rest
- 15 [Kneeling Push-ups](#), 45-sec rest
- 10 [Lying IYT Raises](#), 30-sec rest

- 20 [Standard Squats](#), 45-sec rest
- 20-sec [Mountain Climbers](#), 30-sec rest
- 30-sec High Plank, 30-sec rest
- 20-sec High Side Plank each side with little to no rest.

Day 2

Perform 2 rounds

- 10 [Jump Squats](#), 30-sec rest
- 10 [Forward Lunges](#) each side, 45-sec rest
- 10 [Floor Dips](#), 30-sec rest
- 10 [Superman Pull](#), 30-sec rest
- 10 [Kneeling Knuckle Push-ups](#), 45-sec rest
- 15 [Standing Calf Raises](#), 30-sec rest
- 10 [Glute Bridges](#), 30-sec rest

Day 3 – Rest

Day 4

Perform 2 rounds

- 20-sec [High Knees](#), 40-sec rest
- 15 [Incline Pushups](#), 30-sec rest
- Wall Sit: 5 reps of 10 seconds each with 15 seconds rest
- 10 [Man Maker](#), 60-sec rest
- 20-sec Mountain Climbers, 30-sec rest
- 10 Narrow Pushup on knees, 30-sec rest
- 20-sec High Side Plank each side, 30-sec rest

Day 5

Perform 2 rounds

- 10 Half Burpees, 45-sec rest
- 10 [Lateral Squats](#), 30-sec rest
- 10 [Kneeling Elbows Out Pushups](#), 30-sec rest
- 10 Floor IYT Raises, 30-sec rest
- 45-sec [High Plank](#), 30-sec rest
- 10 [Split Jump Squats](#), 30-sec rest
- 10 [Reverse Lunges](#), 30-sec rest

Day 6

Perform 2 rounds

- 20-sec Jumping Jacks, 30-sec rest
- 15 [Sumo Squats](#), 30-sec rest
- 10 Glute Bridges, 30-sec rest
- 15 Floor Dips, 30-sec rest
- 12 [Alternate Heel Touch Crunches](#), 30-sec rest
- 15 Standing Calf Raises, 30-sec rest
- 12 Superman Pull, 45-sec rest
- 10 Kneeling Knuckle Pushups, 30-sec rest

Day 7 – Rest

Day 8

Do three rounds

- 10 [Bodyweight Man Makers](#), 40-sec rest
- 12 Incline Pushups, 30-sec rest
- 10 [Split Jump Squats](#), 45-sec rest
- 10 [Tricep Extension Pushups on Knees](#), 30-sec rest
- 20-sec Mountain Climbers, 30-sec rest
- Squat Hold: 5 reps of 10 seconds each with 15 seconds rest
- 45-sec Forearm Plank, 30-sec rest

Day 9

Do three rounds

- 10 Half Burpees, 30-sec rest
- 10 Floor IYT Raises, 30-sec rest
- 10 Forward Lunges, 30-sec rest
- 30-sec Jumping Jacks, 30-sec rest
- 10 Kneeling Elbows Out Pushup, 45-sec rest
- 15 Standard Squats, 45-sec rest
- 15-sec Flutter Kicks, 30-sec rest
- 10 [Single-leg Deadlift](#), 30-sec rest

Day 10 – Rest

Day 11

Do three rounds

- 10 Jump Squats, 30-sec rest
- 10 Superman Pull, 30-sec rest
- 12 Floor Dips, 30-sec rest
- 45-sec Forearm Plank, 30-sec rest
- 10 Bodyweight Man Makers, 45-sec rest
- 10 Glute Kickbacks, 30-sec rest
- 10 Leg Raises, 30-sec rest

Day 12

Do three rounds

- 15 Incline Pushups, 30-sec rest
- 10 Tricep Extension Pushup on Knees, 30-sec rest
- 30-sec Mountain Climbers, 45-sec rest
- 10 Split Jump Squat, 45-sec rest
- 15 Reverse Crunches, 45-sec rest
- 15-sec Forearm Side Plank each side, 30-sec rest
- 15 Standing Calf Raise, 30-sec rest
- 10 Glute Bridge, 30-sec rest

Day 13

Do three rounds

- 10 Half Burpees, 30-sec rest
- 10 Kneeling Archer pushups 30-sec rest
- 10 Lateral Squats, 30-sec rest
- 10 Floor IYT Raises, 30-sec rest
- 30-sec Jumping Jacks, 45-sec rest
- 10 Kneeling Triangle Pushups, 45-sec rest

- 10 Standard Squats, 45-sec rest
- 10 Reverse Lunges, 30-sec rest

Day 14 – Rest

Day 15

Do three rounds

- 10 Superman Pull, 30-sec rest
- 10 Kneeling Elbows Out Pushup, 30-sec rest
- 10 Split Jump Squat, 45-sec rest
- 10 Kneeling Knuckle Pushups, 30-sec rest
- Squat Hold: 5 reps of 10 seconds each with 15 seconds rest
- 10 Crunches, 30-sec rest
- 60-sec Forearm Plank, 45-sec rest
- 10 Single-leg Deadlift, 30-sec rest

Day 16

Do three rounds

- 15 Incline Pushup, 30-sec rest
- 10 Floor Dips, 30-sec rest
- 30-sec Mountain Climbers, 45-sec rest
- 10 Bodyweight Man Makers, 45-sec rest
- 60-sec Forearm Side Plank, 45-sec rest
- 10 [Kneeling archer push up](#), 30-sec rest
- 15 Standing Calf Raise, 30-sec rest
- 10 Glute Bridge, 30-sec rest

Day 17

Do four rounds

- 10 [Full Burpees](#), 45-sec rest
- 15 Standard Squat, 45-sec rest
- 30-sec Jumping Jacks, 45-sec rest
- 10 Kneeling Triangle Pushup, 45-sec rest
- 10 Reverse Lunges, 45-sec rest
- 10 Shoulder Taps, 45-sec rest
- 10 Floor IYT Raises, 45-sec rest

Day 18 – Rest

Day 19

Do four rounds

- 10 Burpees, 45-sec rest
- 10 Shoulder Tap, 30-sec rest
- 10 Jump Squat, 45-sec rest
- 10 Standard Pushup, 45-sec rest
- 10 Superman Pull, 30-sec rest
- 10 Glute Bridge, 30-sec rest
- 60-sec Forearm Plank, 60-sec rest

Day 20

Do four rounds

- 30-sec Mountain Climbers, 30-sec rest

- 15 Incline Pushup, 45-sec rest
- 10 Split Jump Squat, 30-sec rest
- 10 Floor IYT Raises, 45-sec rest
- 10 Lateral Squat, 45-sec rest
- 10 Kneeling Archer push up, 45-sec rest
- 20-sec Forearm Side Plank each side, 30-sec rest

Day 21

Do four rounds

1. 10 Burpees, 60-sec rest
2. 10 Standard Pushup, 45-sec rest
3. 10 Forward Lunges, 45-sec rest
4. 12 Floor Dips, 45-sec rest
5. 10 Tabletop Crunches, 45-sec rest
6. 10 Superman Pull, 45-sec rest
7. 60-sec Forearm Plank, 30-sec rest

Related:

1. [Bodyweight Workout Plan To Get Ripped \(With PDF\)](#)
2. [Bodyweight Hamstring Exercises To Do At Home](#)
3. [The 10 Best Bodyweight Exercises For Arms](#)
4. [Bodyweight Exercises For Back At Home](#)
5. [Bodyweight Exercises For Shoulder](#)
6. [Calisthenics Full Body Workout, Routine, And PDF](#)
7. [Full Body Workout Routine For Beginners: 2, 3 & 4 Day Split](#)
8. [A Complete 4-week beginner workout routine](#)

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