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## 7 Day Workout Plan To Lose Weight At Home

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Check out [article](#) for more info

If you want to accelerate fat loss, you can use this 7 day home workout plan. This program along with a calorie-deficit diet can help you increase weight loss and improve your body composition.

The American College of Sports Medicine recommended that working out 225-420 minutes a week helps promote weight loss.<sup>1</sup>

However, [weight loss is a complex process and depends on various things](#), including exercise. So if you're someone who is looking for 7 day workout plan to lose weight at home, you can try out the below program.

### Schedule

<b>Monday</b>	LISS
<b>Tuesday</b>	HIIT
<b>Wednesday</b>	LISS
<b>Thursday</b>	OFF
<b>Friday</b>	HIIT
<b>Saturday</b>	LISS
<b>Sunday</b>	Tabata

### **Monday – LISS**

- **Duration:** 30 minutes
- **Rounds:** Three
- **The interval between rounds:** 2 minutes
- **Intensity:** Moderate (at 60-70% of your Maximum Heart Rate)

<b>Exercise</b>	<b>Activity</b>	<b>Rest</b>
Jumping Jack	20-sec	20-sec
<a href="#">Mountain Climber</a>	20-sec	30-sec
Kneeling Pushup	10 reps	45-sec
Reverse Crunches	10 reps	45-sec
Squats	20 reps	60-sec
<a href="#">Shoulder Tap</a>	10 taps/side	45-sec

<a href="#">High Knees</a>	20-sec	60-sec
Plank	30-60 sec	–

### **Tuesday – HIIT**

- **Duration:** 20 minutes
- **Rounds:** Three
- **The interval between rounds:** 2 minutes
- **Intensity:** Moderate to High (at 75-90% of your Maximum Heart Rate)

Exercise	Activity	Rest
Jumping Jacks	20-sec	15-sec
Mountain Climber	20-sec	15-sec
<a href="#">Burpees</a>	10 reps	45-sec
Flutter Kick	10 reps	30-sec
Shoulder Tap	10 taps/side	30-sec
Lying IYT Raise	10 reps	30-sec
<a href="#">Squat Jump</a>	10 reps	45-sec
Alternate Heel Tap	10 taps/side	–

### **Wednesday – LISS**

- **Duration:** 45 minutes
- **Rounds:** 3
- **The interval between rounds:** 2 minutes
- **Intensity:** Moderate (at 60-70% of your Maximum Heart Rate)

Exercise	Activity	Interval
Mountain Climber	20-sec	30-sec
Burpees	10 reps	60-sec
Crunches	10 reps	45-sec
Squats	20 reps	60-sec
Inchworm	30-sec	45-sec
Glute Bridge	15 reps	45-sec
Side Plank	15-sec/side	30-sec
Kneeling Pushup	12 reps	60-sec
Superman Pull	15 reps	60-sec
Plank	30-45 sec	–

### **Thursday – OFF**

### **Friday – HIIT**

- **Duration:** 20-30 minutes
- **Rounds:** Three

- **The interval between rounds:** 2 minutes
- **Intensity:** Moderate to High (at 75-90% of your Maximum Heart Rate)

Exercise	Activity	Rest
Mountain Climber	15-sec	15-sec
Squat Pulses Jump	10 reps	20-sec
Burpees	10 reps	45-sec
Reverse Crunches	10 reps	30-sec
Shoulder Tap	10 taps/side	30-sec
Jumping Jacks	15-sec	30-sec
Flutter Kick	15-sec	30-sec
Squat Jump	10 reps	45-sec
Alternate Heel Tap	10 taps/side	–

### **Saturday – LISS**

- **Duration:** 30 minutes
- **Rounds:** 3
- **The interval between rounds:** 2 minutes
- **Intensity:** Moderate (at 60-70% of your Maximum Heart Rate)

Exercise	Activity	Interval
Mountain Climber	20-sec	30-sec
Burpees	10 reps	60-sec
Crunches	10 reps	45-sec
Squats	20 reps	60-sec
Lunges	30-sec	45-sec
Glute Bridge	15 reps	45-sec
Side Plank	15-sec/side	30-sec
Kneeling Pushup	12 reps	60-sec
Superman Pull	15 reps	60-sec
Plank	30-45 sec	–

- **Duration:** 20
- **Rounds:** Five
- **The interval between rounds:** 2 minutes
- **Intensity:** High (at 85-95% of your Maximum Heart Rate)

Round	Minute 1	Minute 2	Minute 3	Minute 4
1	Jumping Jack	Mountain Climber	High Knees	Flutter Kick
2	Squat Jump	Push-Ups	Crunches	Shoulder Tap
3	Burpees	Shoulder Tap	Jumping Split Squat	Leg Raises
4	High Knees	Kneeling Jump	Jumping Jack	Inchworm

5	Squats	Reverse Crunches	Shoulder Tap	Flutter Kick
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