

# 6 Day Home Workout Plan for Weight Loss

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Check out [article](#) for more info

## Summary

Who can do this	Beginner to Intermediate
Target Gender	Male and Female
Equipment needed	No equipment, Bodyweight Only
Training Frequency	6 days a week
Suggested Program Duration	12 weeks
Workout Goal	Weight Loss
Suitable time for the training	Any time of the day
Succeeding Workout Plan	<a href="#">Free 7 Day Home Workout Plan (Download PDF)</a>

### Other information:

- If any exercise is challenging for you, replace it with a similar or your preferred exercise.
- Pick some exercises from the above list and replace them with existing exercises in the subsequent weeks.

## Schedule

- Day 1 – LISS Cardio
- Day 2 – HIIT Cardio
- Day 3 – Strength Training
- Day 4 – OFF
- Day 5 – LISS Cardio
- Day 6 – Tabata
- Day 7 – Strength Training

## Day 1 – LISS Cardio

Perform each exercise for 30 seconds at a moderate pace, 60-75% of your maximum heart rate and followed by 30 seconds of rest.

- Duration: 20 minutes
- Estimated Calories Burn: 200

Round 1	Round 2	Round 3
Burpees	Mountain Climbers	Jumping-Jack
Pushups	Split Jump Squat	Reverse Crunches
Squats	Shoulder Taps	Jog in Place
Situps	Leg Raises	Squat Jump
Lunges	Plank	Side Plank

## Day 2 – HIIT Cardio

Do each exercise for 30 seconds at a fast pace, typically at 75-90% of your maximum heart rate (MHR) and followed by 30 seconds of rest.

- Duration: 20 minutes
- Rest between circuits: 2 minutes
- Estimated Calories Burn: 250-300

Circuit 1	Circuit 2	Circuit 3
<a href="#">High Knees</a>	<a href="#">Ankle Hops</a>	Split Jump Squat
Pushups	Crossbody Mountain Climber	<a href="#">Scissor Kicks</a>
Burpees	Shoulder Taps	Jog in Place
Situps	<a href="#">Kneeling Squat Jumps</a>	Reverse Crunches
Squat Jump	Alternate Heel Taps Crunches	Mountain Climber

## Day 3 – Strength Training

Exercise	Reps	Sets	Rest
Kneeling Push-up	8-12	2	2-min
Incline Pushup	8-12	2	1-min
Superman Pull	8-10	2	2-min
<a href="#">Floor IYT Raises</a>	8-10	2	2-min
Incline Towel Row	8-10	3	2-min

Chair Dips	10-12	3	1-min
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## Day 4 – OFF

## Day 5 – LISS Cardio

You'll do low-intensity aerobic exercises for 30 minutes on the fifth day of 6 day home workout schedule.

### Instructions to perform:

- Duration: 25-30 minutes
- Time for each exercise: 30 seconds
- Intensity: 60-75% of MHR
- Rest between exercises: 30 seconds

Round 1	Round 2	Round 3	Round 4
Mountain Climbers	High Knees	Burpees	<a href="#">Lateral Run</a>
Shoulder Taps	Pushups	<a href="#">Bear Crawl</a>	Jumping Jack
Reverse Crunches	Squats	<a href="#">Inchworm</a>	Reverse Crunches
Split Jump Squat	Situps	<a href="#">Curtsy Lunge</a>	Alternate Heel Taps
Jog in Place	Plank	Side Plank	<a href="#">Drop Squat</a>

## Day 6 – Tabata

Tabata is an intense burst exercise program that helps shed significant energy in a short time and boosts endurance and metabolism.

The one round of Tabata lasts for four minutes. It consists of four exercises of one minute each.

If you're planning to lose weight, you can also perform this in your 6 day home workout plan.

- How to perform: Do each exercise twice, 15 seconds work with 15 seconds rest.
- Duration: 20 minutes
- Rest between rounds: 1-2 minutes
- Estimated Calories Burn: 250-300

Round	Minute 1	Minute 2	Minute 3	Minute 4
1	Jumping Jacks	Pushups	Bear Crawl	Situps
2	Burpees	Mt. Climber	Flutter Kicks	Shoulder Tap
3	Inchworm	Split Squat Jump	Reverse Crunches	Step-up
4	High Knees	Alternate Heel Taps	Front Plank	Side Plank

## Day 7 – Strength Training

Exercise	Reps	Sets	Rest
Kneeling Push-up	8-12	2	2-min
Incline Pushup	8-12	2	1-min
Superman Pull	8-10	2	2-min
Floor IYT Raises	8-10	2	2-min
Incline Towel Row	8-10	3	2-min
Chair Dips	10-12	3	1-min

### Recommended Supplements:

<a href="#">Apple Cider Vinegar Gummies - 1000mg</a>	<a href="#">Body Fortress Whey Protein Powder</a>
<a href="#">Burn-XT Thermogenic Fat Burner</a>	<a href="#">Levels Grass Fed 100% Whey Protein, No Hormones</a>
<a href="#">ZonePerfect Protein Bars</a>	<a href="#">Orgain Organic Vegan Protein Powder</a>

If the above workout plan helped you in any way, kindly support my work buying through these affiliate links.

### You can add more exercises from the list below:

1. [70 Best Bodyweight Cardio Exercises of All Time](#)
2. [Top 5 Rear Delt Bodyweight Exercises](#)
3. [13 Best Bodyweight Push Exercises](#)
4. [15 Best Bodyweight Pull Exercises to Level Up Your Fitness](#)
5. [5 Best Bodyweight Lat Exercises at Home \(No Pullup\)](#)
6. [Knee push-ups for beginners \(with Video\)](#)

7. [8 Best Bodyweight Hamstring Exercises at Home](#)
8. [The 20 Best Bodyweight Exercises for Arms](#)
9. [8 Best Ways To Do Dips At Home For Solid Triceps](#)
10. [Full Bodyweight Workouts For Beginners](#)
11. [Bodyweight Exercises For Back At Home](#)
12. [Bodyweight Exercises for Shoulder](#)

### **Top 6 Weight Loss Capsules Reviews:**

- [Cappuccino MCT Reviews, Price & Weight Loss](#)
- [Keto Actives Pills: Does it Really Work? \(Updated Reviews\)](#)
- [Fast Burn Extreme: Reviews, Results, Side-Effects \(Updated\)](#)
- [Green Barley Plus: Benefits, Side Effects, Uses & More](#)
- [Green Coffee 5k For Weight Loss](#)
- [Piperinox Reviews, Side Effects, Price & More](#)

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