

14 DAY NO EQUIPMENT PLAN

Bodyweight only. Works in a bedroom, a hotel room, anywhere.

LENGTH	EQUIPMENT	FOCUS	LEVEL
14 Days	None	Full Body Bodyweight	Beginner Friendly

WEEK 1

TAP A WORKOUT TO OPEN THE VIDEO

01	FULL BODY	▶ Full Body Workout at Home (No Equipment)	20 min	☐
02	CORE	▶ Abs Workout for Core Strength	10 min	☐
03	FULL BODY HIIT	▶ Full Body HIIT (No Equipment, No Repeats)	20 min	☐
04	UPPER BODY	▶ Push Up Workout for Chest and Triceps	–	☐
05	LOWER BODY	▶ Booty Workout at Home (Beginner Friendly)	20 min	☐
06	LOW IMPACT	▶ Low Impact HIIT (No Jumping, Full Body)	20 min	☐
07	CORE	▶ Abs Workout for Core Strength	12 min	☐

WEEK 2

08	FULL BODY HIIT	▶ Full Body HIIT (No Equipment, No Repeats)	25 min	☐
09	LOWER BODY	▶ Lower Body Workout at Home	20 min	☐
10	FULL BODY HIIT	▶ Full Body HIIT (Beginner Friendly)	25 min	☐
11	UPPER BODY	▶ Upper Body Workout at Home	30 min	☐
12	CORE	▶ Lower Abs Workout at Home	10 min	☐
13	FULL BODY	▶ Full Body Workout (No Equipment, No Repeats)	20 min	☐
14	FINAL BURN	▶ Full Body HIIT to Burn Calories	30 min	☐

- HOW TO RUN IT
- Show up every day, even if you modify half of it.
 - Good form on ten reps beats sloppy form on twenty.
 - Walk on top of this if you can. Daily movement does more than people expect.

NOTES