

# Home Workout Regimen Schedule Template

Use this template to plan and track your weekly home workout regimen. Adjust exercises and repetitions based on your fitness level and goals.

Day	Workout Focus	Exercises	Reps/Sets	Notes
Monday	Full Body	Squats, Push-ups, Plank	3 x 12 3 x 10 3 x 30s	
Tuesday	Cardio & Core	Jumping Jacks, Mountain Climbers, Crunches	3 x 30s 3 x 20 3 x 15	
Wednesday	Lower Body	Lunges, Glute Bridge, Calf Raises	3 x 12 3 x 15 3 x 20	
Thursday	Upper Body	Chair Dips, Plank Shoulder Tap, Superman	3 x 10 3 x 20 3 x 12	
Friday	Active Recovery	Stretching, Yoga, Light Walk	20 min	
Saturday	HIIT	Burpees, High Knees, Side Lunges	3 x 12 3 x 30s 3 x 12	
Sunday	Rest	-	-	