

# 6-Day Living Room Workout Routine to Get Fit at Home

Created by: [Murshid Akram](#)

Check out full URL: <https://thefitnessphantom.com/living-room-workout-routine>

I've crafted a comprehensive six-day living room workout routine for those who want to build muscle, endurance, balance, and flexibility at home without equipment.

This program involves two bodyweight strength training sessions, two cardio sessions, and one balance and flexibility training session.

Each session will have a variety of exercises that work throughout the body and help develop functional fitness.

I'll also share a PDF of this training plan at the bottom of this blog, so download it if you find it helpful.

# Living Room Exercise Program Summary

Sessions/Week	Six
Duration/Session	20-30 Minutes
Split Type	Full Body
Training Style	Hybrid Training
Program Goal	Get Strong, Flexible, and Resilient
Experience Level	Beginners to Intermediate
Target Gender	Male and Female
Equipment Needed	Exercise Mat (Optional)

# Day 1 – Strength Workout

Your first session starts with bodyweight strength exercises like squats, push-ups, and rows. These exercises bolster joints and bones and help build lean mass.

This strength training is based on the Superset rep-set method, which involves performing two exercises concurrently with little to no break in between.

Exercises	Sets	Reps	Target Muscles
Basic Push-up + Squat	3-4	15-20	Chest & Legs
Front Lunges + Superman Row	3-4	15-20	Legs & Back
Triangle Push-up + Sit-ups	3-4	10-15	Pecs, Tris & Abs
IYT Raises + <b>Sphinx Push-up</b>	3-4	10-12	Back & Triceps

## Exercise Instructions:

- **Superman Row:** Lie prone on the mat with your face down and arms extended overhead. Lift your shoulders and chest off the floor and drive your elbows in until your back is fully contracted.
- **IYT Raises:** Lie prone on the mat with your face down and arms extended forward. Lift your arms off the floor as high as possible (I raise), pause for a moment, then lower them back to the floor. Slightly widen your arms, lift as high as off the floor (Y raise), feel the contraction, then return to the start. Take your arms out and raise to your sides (T raise). That's one rep.
- **Sphinx Push-up:** Get into a straight-arm plank with your core tight and body flat. Bend your elbow and lower your forearms

until they touch the ground. Straighten your elbow by engaging your triceps.

## Day 2 – Medium Intensity Cardio

The second day involves performing cardio based on the circuit method (doing a series of exercises in a row).

Circuit cardio training will help you build your endurance and enhance your cardiovascular fitness.

Do it at your own pace. Neither slow nor fast. Take 2 minutes of break between rounds.

Round 1	Round 2	Round 3
15-20 Burpees	15-20 Burpees	15-20 Burpees
30-sec Mt. Climber	Shoulder Taps (10/side)	Plank Knee Taps (10/side)
15 Sit-ups	20 Seated Knee Tucks	10 Lying Leg Lifts
10 Squat Jumps	10 Jumping Lunges	15-sec High Knees
15-sec Flutter Kicks	15-sec High knees	15-sec Shadow Punches

### Exercise Instructions:

- **Seated Knee Tucks:** Sit on your glutes with your knees bent and feet flat on the floor. Bring your knees toward your chest, feel the contraction in your abs, and return to the start.
- **Plank Knee Taps:** Get in a straight-arm plank with your arms directly below your shoulders, core tight, and body straight. Bring your knees alternatively toward your chest and tap them with the opposite hands.

- **Flutter Kicks:** Lie supine on the mat with your face up and arms straight by your sides. Start lifting your legs alternatively off the floor for the given time.
- **Shadow Punches:** Perform hook, uppercut, and jab by assuming you're hitting the punching bag.

## Day 3 – Flexibility Training

Flexibility is an essential characteristic of a fit body. It helps move your body more effectively and prevents the risk of injuries.

The third day involves 20 minutes of full body stretching exercises to improve your flexibility.

Exercises	Activity	Rest
Child's Pose	20-second hold x 3-4 reps	15-second
Cobra Pose	20-second hold x 3-4 reps	15-second
Knees-to-Chest	15-sec hold per side x 3-4 reps	No Rest
Spinal Twist	15-sec hold per side x 3-4 reps	No Rest
Downward-Facing Dog	15-second stretch x 3-4 reps	30-second
Standing Forward Bend	15-second stretch x 3-4 reps	30-second

### Exercise Instructions:

- **Child's Pose:** Sit on your knees with your legs bent and feet pointing backward. Extend your torso from the hips until your arms and upper body are fully stretched.
- **Cobra Pose:** Place your hands on the floor, directly underneath your shoulders. Straighten your legs back and start lifting the

upper body until it forms a curved shape. Your shoulders and chest will remain up and forward throughout the hold.

- **Knees-to-Chest:** Lie on your back with your legs straight and arms by your sides. Brace your core, bring your right knee toward your chest, and pause for 15 seconds. Repeat on the opposite side.

# Day 4 – Strength Training

This is the second session of bodyweight muscle-building training. Since you have limited exercise options, you can repeat the exercises from the first session.

Exercises	Sets	Reps	Target Muscles
Decline Push-up + Squat	3-4	10-20	Chest & Legs
Reverse Lunges + <a href="#">Superman w/ External Arm Rotation</a>	3-4	10-12	Legs & Back
<a href="#">Archer Pushup</a> + Sit-ups	3-4	10-12	Pecs, Delts & Abs
IYT Raises + Scapula Push-up	3-4	10-12	Back & Shoulder

## Exercise Instructions:

- **Superman w/ External Arm Rotation:** Lie prone on the floor with your arms straight at your sides and palms down. Lift your face and feet off the floor and raise your arms up as high as possible so you can feel the contraction in your back muscles.
- **Archer Pushup:** Get into a straight-arm plank position. Lower your chest to the right by straightening your left arm. Return to the start and repeat on the opposite side.
- **Scapula Push-up:** Start in a high-plank position with your arms straight and hands directly under your shoulders. Pull your chest down without bending your elbows. Pause for one second, then squeeze your shoulder blades together to lift your chest up.

# Day 5 – High Intensity Cardio

You've done the medium-intensity cardio on the second day, and now it's time for high-intensity interval training (HIIT).

The HIIT involves rotating between high-intensity activity and short rest periods. It is a great way to burn calories quickly while improving aerobic and anaerobic fitness.

Exercises	Activity	Rest
Jumping Jacks	15-second x 4 times	15-second
Mountain Climber	15-second x 4 times	15-second
Squat Jumps	6-8 reps x 4 times	30-second
Crossbody Mt. Climber	15-second x 4 times	30-second
Jumping Lunges	5 reps per leg x 4 sets	30-second
Sit Out	5 reps per side x 4 sets	30-second

## Exercise Instructions:

- **Crossbody Mt. Climber:** Start in a straight plank position, bring your right knee toward the left chest, and return it to the start. Then, repeat on the opposite side. Do it alternatively for the suggested time.
- **Sit Out:** Sit on all fours with your hands beneath your shoulders. Lift your right hand off the floor and quickly bring your right leg to the left side until it is straight. Now, bring your right hand to the floor and repeat the same on the opposite but at a quick pace.

# Day 6 – Mobility Workout

You've worked on your strength, endurance, and flexibility in the last five days. Now, it's time to work on improving your balance.

This mobility workout training involves a variety of unilateral exercises that you can do in your living room. These exercises will develop your ability to hold your body in an unstable position for longer.

Round 1	Activity	Rest
Single-leg RDL	20 seconds hold x 3-4 reps	15-second
Pistol Squat	20 seconds hold x 3-4 reps	15-second
Boat Pose	15 seconds hold x 3-4 reps	30-second
Tree Pose	15 seconds per leg x 3-4 reps	30-second
Bird Dog Pose	15 seconds per side x 3-4 reps	30-second
Toe Stand	15 seconds per side x 3-4 reps	30-second

## Exercise Instructions:

- **Boat Pose:** Sit in a V-shape with your core tight and back straight for as long as you can hold.
- **Tree Pose:** Stand on your right foot without locking the knee. Bend your left knee and bring the sole of your left foot high onto your inner right thigh. Press your foot into your thigh and your thigh back into your foot with equal pressure.