

5 Day Workout Routine for Weight Loss at Home

Created by: [Murshid Akram](#)

Check out [article](#) for more info

Summary

Split Type	Full Body
Exercise Type	Bodyweight
Expected Program Duration	8-12 weeks
Target Gender	Male and Female
Suitable for	Beginner to Intermediate
Program Goal	Fat Loss
Plan to Follow Next	6 Day Workout Routine at Home

Day 1

Round 1	Activity	Round 2
Jog in place	15-sec	Squat Thrust
Mountain Climbers	15-sec	Lying Alternate Heel Taps
Jumping Jacks	15-sec	Reverse Crunches
Flutter Kicks	15-sec	Single-leg Glute Kickback
Ankle Hops	15-sec	Drop Squat
Forearm Plank	30-sec	Lateral Run
Squat Jump	10 reps	Shoulder Tap

Day 2

Round 1 & 3	Activity	Round 2
Air Squat	15 reps	Squat Jump
Lateral Run	15-sec	Russian Twist
High Knees	15-sec	Bear Crawl
Squat Pulses to Jump	3 pulses 1 jump x 6	Side Lunge Jump
Crunches	10 reps	Diver Pushup
Split Jump Squat	5 reps/side	Turkish Get Up
Leg Raises	10 reps	Plank Ankle Taps

Day 3

Round 1 & 3	Activity	Round 2 & 4
-------------	----------	-------------

Jog in place	15-sec	Drop Squat
Mountain Climbers	15-sec	Alternate Heel Taps
Jumping Jack	15-sec	Dead Bug Crunches
Shoulder Tap	10 taps/side	Knee to Opposite Elbow Plank
Reverse Crunches	10 reps	Curtsy Lunge
Side Plank	15-sec/side	Floor IYT Raises

Day 4

Round 1 & 3	Activity	Round 2 & 4
Inchworm	15 reps	Lunge Front Kick
Crossbody Mountain Climber	20-sec	Resistance Band Woodchop
Shoulder Tap	20-sec	Knee to Outside Elbow Plank
Squat Thrust	10 reps	Squat Jump
Side Plank Hip Raise	5 reps/side	Sit Outs
Plank Jack	10 reps	Side Plank

Day 5

Round 1 & 3	Activity	Round 2 & 4
Inchworm	15 reps	Squat Jump
Shoulder Tap	20-sec	Single-leg Glute Kickback
High Knees	20-sec	Mt. Climber
Bear Crawl	20-sec	Flutter Kicks
Squat Jump	10 reps	Alternate Heel Taps
Bicycle Crunches	5 reps/side	Turkish Get Up
Plank Jack	10 reps	Burpee
Plank Ankle Taps	20-sec	Sit Outs

Recommended Supplements:

Apple Cider Vinegar Gummies - 1000mg	Body Fortress Whey Protein Powder
Burn-XT Thermogenic Fat Burner	Levels Grass Fed 100% Whey Protein, No Hormones
ZonePerfect Protein Bars	Orgain Organic Vegan Protein Powder

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](#)

Help us grow online: [Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)
[Free Programs](#) | [Paid Programs](#) | [Products](#)