4-Week Home Workout Plan

Weekly Workout Schedule

WEEKLY WORKOUT SCHEDULE

- Monday: Glutes & Hips (Activation + Sculpting)
- Tuesday: Core & Abs (Flat Belly)
- Wednesday: Glutes & Hips (Hip Curves)
- Thursday: Active Rest (Stretch or Light Walk)
- Friday: Core & Abs (Waist Shaping)
- Saturday: Glutes & Hips (Burnout)
- Sunday: Rest & Stretch

Daily Warm-Up Routine

WARM-UP (Daily - 5 to 8 mins)

- Jumping jacks - 1 min
- High knees - 1 min
- Hip circles - 30 sec each side
- Leg swings - 30 sec each leg
- Bodyweight squats - 1 min
- Arm circles - 1 min

Glutes & Hips Workouts

GLUTES & HIPS - DAY 1 (Activation + Sculpting)

- Glute bridges - 3 x 15
- Donkey kicks - 3 x 12 each leg
- Fire hydrants - 3 x 12 each leg
- Side-lying leg raises - 3 x 15 each leg
- Squats - 3 x 20
- Glute bridge pulses - 3 x 15

GLUTES & HIPS - DAY 3 (Hip Curves + Roundness)

- Lateral steps - 3 x 15 steps/side

- Curtsy lunges - 3 x 12 each leg
- Clamshells - 3 x 15 each side
- Bulgarian split squats - 3 x 10 each leg
- Glute kickbacks - 3 x 15 each leg

GLUTES & HIPS - DAY 6 (Burnout & Power)

- Jump squats - 3 x 15
- Walking lunges - 3 x 20 (10/leg)
- Hip thrusts - 3 x 15
- Sumo squats - 3 x 20
- Glute bridge hold - 3 x 30 sec

Core & Abs Workouts

CORE & ABS - DAY 2 (Flat Belly)

- Plank - 3 x 30 sec
- Bicycle crunches - 3 x 20
- Reverse crunches - 3 x 15
- Leg raises - 3 x 12
- Russian twists - 3 x 30 sec
- Standing oblique crunches - 3 x 15 each side

CORE & ABS - DAY 5 (Waist Sculpting)

- Side plank - 3 x 30 sec/side
- Mountain climbers - 3 x 20
- Flutter kicks - 3 x 30 sec
- Heel taps - 3 x 20
- Dead bugs - 3 x 10 each side
- Plank hip dips - 3 x 15

Full-Body Stretch Routine

FULL-BODY STRETCH (Daily or Rest Days - 10 mins)

- Cat-cow stretch - 1 min
- Child's pose - 1 min
- Seated hamstring stretch - 1 min/leg
- Standing quad stretch - 1 min/leg
- Downward dog - 1 min
- Hip flexor lunge stretch - 1 min/side
- Butterfly stretch - 1 min
- Seated twist - 1 min/side
- Cobra stretch - 1 min

Simple Meal Guide for Toning

SIMPLE MEAL GUIDE FOR TONING

- Goal: Flat stomach, strong glutes and hips

BREAKFAST OPTIONS:

- Boiled eggs + oatmeal + fruit
- Greek yogurt + berries + chia seeds
- Whole wheat toast + avocado + poached egg

LUNCH OPTIONS:

- Grilled chicken + quinoa + steamed broccoli
- Lentil salad + olive oil dressing + cucumber
- Tuna wrap + hummus + greens

DINNER OPTIONS:

- Baked salmon + sweet potato + green beans
- Stir-fried tofu + brown rice + veggies
- Grilled turkey patties + sautéed spinach

SNACKS:

- Nuts (almonds, walnuts)
- Fruit (apple, banana, mango)
- Boiled egg or low-fat cheese

4-Week Home Workout Plan

DRINKS:

- 2-3L water/day
- Herbal tea (no sugar)