

	30 Days Home Workout Routine for Fat loss	
Day 1	Jump Rope 30 mins - target 300 counts or more	https://www.spotebi.com/wp-content/uploads/2014/10/jump-rope-exercise-illustration.gif
Day 2	15 Mins Jump Rope - target 150 counts or more Butt Kick 15 mins - target 200 count	https://www.spotebi.com/wp-content/uploads/2014/10/jump-rope-exercise-illustration.gif https://www.spotebi.com/wp-content/uploads/2015/01/butt-kicks-exercise-illustration-spotebi.gif
Day 3	10 Mins Jump Rope - Target 100 counts or more Butt Kick 15 mins - target 200 count	https://www.spotebi.com/wp-content/uploads/2014/10/jump-rope-exercise-illustration.gif https://www.spotebi.com/wp-content/uploads/2015/01/butt-kicks-exercise-illustration-spotebi.gif
Day 4	10 Mins Jump Rope - Target 100 counts or more Butt Kick 15 mins - target 200 count Standing Hip Twist - Target 100 twists	https://www.spotebi.com/wp-content/uploads/2014/10/jump-rope-exercise-illustration.gif https://www.spotebi.com/wp-content/uploads/2015/01/butt-kicks-exercise-illustration-spotebi.gif https://i.pinimg.com/originals/12/31/e2/1231e24fc3d7944e38b180c51067689d.gif
Day 5	10 Mins Jump Rope - Target 100 counts or more Butt Kick 15 mins - target 100 count Standing Hip Twist - Target 100 twists Standing criss cross crunches target 50 counts per side	https://www.spotebi.com/wp-content/uploads/2014/10/jump-rope-exercise-illustration.gif https://www.spotebi.com/wp-content/uploads/2015/01/butt-kicks-exercise-illustration-spotebi.gif https://i.pinimg.com/originals/12/31/e2/1231e24fc3d7944e38b180c51067689d.gif https://i.pinimg.com/originals/6a/f4/8b/6af48bfe5cb37528728ca5ab4767a5f9.gif
Day 6	10 Mins Jump Rope - Target 100 counts or more squats 20 count * 3 sets Standing Hip Twist - Target 100 twists Standing criss cross crunches target 50 counts per side	https://www.spotebi.com/wp-content/uploads/2014/10/jump-rope-exercise-illustration.gif https://www.spotebi.com/wp-content/uploads/2014/10/squat-exercise-illustration.gif https://i.pinimg.com/originals/12/31/e2/1231e24fc3d7944e38b180c51067689d.gif https://i.pinimg.com/originals/6a/f4/8b/6af48bfe5cb37528728ca5ab4767a5f9.gif
Day 7	10 Mins Jump Rope - Target 100 counts or more Standing Hip Twist - Target 100 twists squats 20 count * 3 sets Standing criss cross crunches target 50 counts per side Jumping Jacks 30 count	https://www.spotebi.com/wp-content/uploads/2014/10/jump-rope-exercise-illustration.gif https://www.spotebi.com/wp-content/uploads/2015/01/butt-kicks-exercise-illustration-spotebi.gif https://www.spotebi.com/wp-content/uploads/2014/10/squat-exercise-illustration.gif https://i.pinimg.com/originals/6a/f4/8b/6af48bfe5cb37528728ca5ab4767a5f9.gif https://www.spotebi.com/wp-content/uploads/2014/10/jumping-jacks-exercise-illustration.gif
Day 8	10 Mins Jump Rope - Target 100 counts or more Standing Hip Twist - Target 100 twists squats 20 count * 3 sets Standing criss cross crunches target 50 counts per side Jumping Jacks 30 count Sumo Side Bends 20 counts per side	https://www.spotebi.com/wp-content/uploads/2014/10/jump-rope-exercise-illustration.gif https://www.spotebi.com/wp-content/uploads/2015/01/butt-kicks-exercise-illustration-spotebi.gif https://www.spotebi.com/wp-content/uploads/2014/10/squat-exercise-illustration.gif https://i.pinimg.com/originals/6a/f4/8b/6af48bfe5cb37528728ca5ab4767a5f9.gif https://www.spotebi.com/wp-content/uploads/2014/10/jumping-jacks-exercise-illustration.gif https://i.pinimg.com/originals/10/4c/5f/104c5f7ea76d834b4a7c730de66cb580.gif
Day 9	10 Mins Jump Rope - Target 100 counts or more Standing Hip Twist - Target 100 twists squats 20 count * 3 sets Standing criss cross crunches target 50 counts per side Jumping Jacks 30 count Sumo Side Bends 20 counts per side Mountain Climbers 20 count	https://www.spotebi.com/wp-content/uploads/2014/10/jump-rope-exercise-illustration.gif https://www.spotebi.com/wp-content/uploads/2015/01/butt-kicks-exercise-illustration-spotebi.gif https://www.spotebi.com/wp-content/uploads/2014/10/squat-exercise-illustration.gif https://i.pinimg.com/originals/6a/f4/8b/6af48bfe5cb37528728ca5ab4767a5f9.gif https://www.spotebi.com/wp-content/uploads/2014/10/jumping-jacks-exercise-illustration.gif https://i.pinimg.com/originals/10/4c/5f/104c5f7ea76d834b4a7c730de66cb580.gif https://www.spotebi.com/wp-content/uploads/2014/10/mountain-climbers-exercise-illustration-spotebi.gif
Day 10	10 Mins Jump Rope - Target 100 counts or more Standing Hip Twist - Target 100 twists squats 20 count * 3 sets Standing criss cross crunches target 50 counts per side Jumping Jacks 30 count Sumo Side Bends 20 counts per side Mountain Climbers 20 count Elbow Plank leg lifts 15 each side	https://www.spotebi.com/wp-content/uploads/2014/10/jump-rope-exercise-illustration.gif https://www.spotebi.com/wp-content/uploads/2015/01/butt-kicks-exercise-illustration-spotebi.gif https://www.spotebi.com/wp-content/uploads/2014/10/squat-exercise-illustration.gif https://i.pinimg.com/originals/6a/f4/8b/6af48bfe5cb37528728ca5ab4767a5f9.gif https://www.spotebi.com/wp-content/uploads/2014/10/jumping-jacks-exercise-illustration.gif https://i.pinimg.com/originals/10/4c/5f/104c5f7ea76d834b4a7c730de66cb580.gif https://www.spotebi.com/wp-content/uploads/2014/10/mountain-climbers-exercise-illustration-spotebi.gif https://www.spotebi.com/wp-content/uploads/2016/02/plank-leg-lifts-exercise-illustration-spotebi.gif
Day 11	10 Mins Jump Rope - Target 100 counts or more Standing Hip Twist - Target 100 twists squats 20 count * 3 sets Standing criss cross crunches target 50 counts per side Jumping Jacks 30 count Sumo Side Bends 20 counts per side Mountain Climbers 20 count Elbow Plank leg lifts 15 each side Pushups 20	https://www.spotebi.com/wp-content/uploads/2014/10/jump-rope-exercise-illustration.gif https://www.spotebi.com/wp-content/uploads/2015/01/butt-kicks-exercise-illustration-spotebi.gif https://www.spotebi.com/wp-content/uploads/2014/10/squat-exercise-illustration.gif https://i.pinimg.com/originals/6a/f4/8b/6af48bfe5cb37528728ca5ab4767a5f9.gif https://www.spotebi.com/wp-content/uploads/2014/10/jumping-jacks-exercise-illustration.gif https://i.pinimg.com/originals/10/4c/5f/104c5f7ea76d834b4a7c730de66cb580.gif https://www.spotebi.com/wp-content/uploads/2014/10/mountain-climbers-exercise-illustration-spotebi.gif https://www.spotebi.com/wp-content/uploads/2016/02/plank-leg-lifts-exercise-illustration-spotebi.gif https://hypeandstuff.com/wp-content/uploads/2020/03/pushups-gif.gif

	Day 12	Pushups 25 squats 20 count * 3 sets Lunges 20 count Jumping Jacks 30 count Elbow Plank leg lifts 15 each side Standing criss cross crunches target 50 counts per side	https://hypeandstuff.com/wp-content/uploads/2020/03/pushups-gif.gif https://www.spotebi.com/wp-content/uploads/2014/10/squat-exercise-illustration.gif https://i.pinimg.com/originals/66/78/58/6678589817d6026fab7bd23838a8e3eb.gif https://www.spotebi.com/wp-content/uploads/2014/10/jumping-jacks-exercise-illustration.gif https://www.spotebi.com/wp-content/uploads/2016/02/plank-leg-lifts-exercise-illustration-spotebi.gif https://i.pinimg.com/originals/6a/f4/8b/6af48bfe5cb37528728ca5ab4767a5f9.gif
	Day 13	Pushups 25 squats 20 count * 3 sets Lunges 20 count Jumping Jacks 30 count Elbow Plank leg lifts 15 each side Standing criss cross crunches target 50 counts per side Mountain Climbers 20 count	https://hypeandstuff.com/wp-content/uploads/2020/03/pushups-gif.gif https://www.spotebi.com/wp-content/uploads/2014/10/squat-exercise-illustration.gif https://i.pinimg.com/originals/66/78/58/6678589817d6026fab7bd23838a8e3eb.gif https://www.spotebi.com/wp-content/uploads/2014/10/jumping-jacks-exercise-illustration.gif https://www.spotebi.com/wp-content/uploads/2016/02/plank-leg-lifts-exercise-illustration-spotebi.gif https://i.pinimg.com/originals/6a/f4/8b/6af48bfe5cb37528728ca5ab4767a5f9.gif https://www.spotebi.com/wp-content/uploads/2014/10/mountain-climbers-exercise-illustration-spotebi.gif
	Day 14	Pushups 25 squats 20 count * 3 sets Lunges 20 count Jumping Jacks 30 count Elbow Plank leg lifts 15 each side Standing criss cross crunches target 50 counts per side Mountain Climbers 20 count Elbow Plank leg lifts 15 each side	https://hypeandstuff.com/wp-content/uploads/2020/03/pushups-gif.gif https://www.spotebi.com/wp-content/uploads/2014/10/squat-exercise-illustration.gif https://i.pinimg.com/originals/66/78/58/6678589817d6026fab7bd23838a8e3eb.gif https://www.spotebi.com/wp-content/uploads/2014/10/jumping-jacks-exercise-illustration.gif https://www.spotebi.com/wp-content/uploads/2016/02/plank-leg-lifts-exercise-illustration-spotebi.gif https://i.pinimg.com/originals/6a/f4/8b/6af48bfe5cb37528728ca5ab4767a5f9.gif https://www.spotebi.com/wp-content/uploads/2014/10/mountain-climbers-exercise-illustration-spotebi.gif https://www.spotebi.com/wp-content/uploads/2016/02/plank-leg-lifts-exercise-illustration-spotebi.gif
	Day 15	Burpees 15 Jumping Squats 15 Jumping Lunges 15 Mountain Climbers 20 count Sumo Side Bends 20 counts per side Bridges 20 Elbow Plank leg lifts 15 each side	https://images.app.goo.gl/4SGQPpRbcN2Yadt86 https://images.app.goo.gl/69cowV6ze9e2ZvxF7 https://images.app.goo.gl/ABbYeqAEdPBZAx2h9 https://www.spotebi.com/wp-content/uploads/2014/10/mountain-climbers-exercise-illustration-spotebi.gif https://i.pinimg.com/originals/10/4c/5f/104c5f7ea76d834b4a7c730de66cb580.gif https://images.app.goo.gl/S1xa4EcFd8cxgb3z7 https://www.spotebi.com/wp-content/uploads/2016/02/plank-leg-lifts-exercise-illustration-spotebi.gif
	Day 16	Toe Touches 20 Burpees 15 Jumping Squats 15 Jumping Lunges 15 Mountain Climbers 20 count Sumo Side Bends 20 counts per side Superman Twist	https://images.app.goo.gl/Aq5w1R6E4Bb3ykqj7 https://images.app.goo.gl/4SGQPpRbcN2Yadt86 https://images.app.goo.gl/69cowV6ze9e2ZvxF7 https://images.app.goo.gl/ABbYeqAEdPBZAx2h9 https://www.spotebi.com/wp-content/uploads/2014/10/mountain-climbers-exercise-illustration-spotebi.gif https://i.pinimg.com/originals/10/4c/5f/104c5f7ea76d834b4a7c730de66cb580.gif https://images.app.goo.gl/A25V9uRZM9CdSPqH8
	Day 17	Running Bicycle Crunches 20 Jumping Squats 15 Jumping Lunges 15 Mountain Climbers 20 count Sumo Side Bends 20 counts per side Superman Twist	15 Mins https://images.app.goo.gl/ljBnX6uR5fmEm6ppQ9 https://images.app.goo.gl/69cowV6ze9e2ZvxF7 https://images.app.goo.gl/ABbYeqAEdPBZAx2h9 https://www.spotebi.com/wp-content/uploads/2014/10/mountain-climbers-exercise-illustration-spotebi.gif https://i.pinimg.com/originals/10/4c/5f/104c5f7ea76d834b4a7c730de66cb580.gif https://images.app.goo.gl/A25V9uRZM9CdSPqH8
	Day 18	Step Climbing 30 on each leg Bicycle Crunches 20 Jumping Squats 15 Jumping Lunges 15 Mountain Climbers 20 count Sumo Side Bends 20 counts per side Superman Twist	https://images.app.goo.gl/FNbhjnPXtHKxDRJDA https://images.app.goo.gl/ljBnX6uR5fmEm6ppQ9 https://images.app.goo.gl/69cowV6ze9e2ZvxF7 https://images.app.goo.gl/ABbYeqAEdPBZAx2h9 https://www.spotebi.com/wp-content/uploads/2014/10/mountain-climbers-exercise-illustration-spotebi.gif https://i.pinimg.com/originals/10/4c/5f/104c5f7ea76d834b4a7c730de66cb580.gif https://images.app.goo.gl/A25V9uRZM9CdSPqH8
	Day 19	Declined Pushups 15 counts Hindu Pushups 15 counts Double pulse squats jump 15 Count Cobra Lat pull down Side Shuffle Squats 10 each Russian Twist	https://www.spotebi.com/wp-content/uploads/2016/03/decline-push-up-exercise-illustration-spotebi.gif https://www.spotebi.com/wp-content/uploads/2016/03/hindu-push-ups-exercise-illustration-spotebi.gif https://i.pinimg.com/originals/b1/08/36/b1083670d1714e6b23780847b90e518.gif https://www.lakediary.com/wp-content/uploads/2017/02/Cobra-lat-pulldown.gif https://static.wixstatic.com/media/e0f2b2_fd6966dc73ed4802a15476fe22dfea70~mv2.gif https://www.spotebi.com/wp-content/uploads/2015/04/russian-twist-exercise-illustration.gif
	Day 20	Pushups 15 Inclined Pushups 15 Declined Pushups 15 counts squats 20 count * 3 sets Sumo Squats 15 Forward Lunges 15	https://hypeandstuff.com/wp-content/uploads/2020/03/pushups-gif.gif https://lazarangelov.academy/uploads/exercises/gifs/5906ff7a51f9b.gif https://www.spotebi.com/wp-content/uploads/2016/03/decline-push-up-exercise-illustration-spotebi.gif https://www.spotebi.com/wp-content/uploads/2014/10/squat-exercise-illustration.gif https://www.spotebi.com/wp-content/uploads/2015/05/sumo-squat-exercise-illustration-spotebi.gif https://i.pinimg.com/originals/66/78/58/6678589817d6026fab7bd23838a8e3eb.gif

		Bicycle Crunches 20	https://images.app.goo.gl/jBnX6uR5fmEm6ppQ9
Day 21		Diamond Pushups 15	https://images.app.goo.gl/aReJMAS2Ev7TGrMc6
		Triceps Dips 20	https://images.app.goo.gl/SCGnBy2aACA3L5669
		Chin ups 10	https://images.app.goo.gl/iucDeanRGaiVii6t5
		Spidermam plank 20	https://images.app.goo.gl/QQRxgd1vQbxdYFv7
		High Plank Taps 20	https://images.app.goo.gl/Njzfabhr1RjBPm38
		walkout 10	https://images.app.goo.gl/Ts1d89RLUhiqYY8
		twisted taps 20	https://images.app.goo.gl/xuVESLJ4g1XBI2Y7
Day 22		spike pushups 15	https://images.app.goo.gl/cqYdf4z7ny5aBg3s5
		Butterfly Dips 15	https://pin.it/45GoQU1
		Ankle Tap Pushups 15 each	https://pin.it/2laQ3oM
		Dead Bug 15 each	https://pin.it/3iWh7Ms
		plank shoulder taps 20 each	https://pin.it/6YSoYvy
		Bent Over twist 20 each	https://pin.it/2TfabT
		Crunches 20	https://pin.it/4oNNNbn
Day 23		V Sit Bicycle 20	https://images.app.goo.gl/NERh8kkYcMHahTeF9
		Bent leg jack knife 20	https://images.app.goo.gl/XrPH1Drh73NHygBi8
		Squat Kick 20 each leg	https://images.app.goo.gl/xX2p1z4RJ2AFc2g8A
		plank to Pushups 10	https://images.app.goo.gl/6cYtBn5m4esHn66s7
		Jump Start 10 each leg	https://images.app.goo.gl/ScT1XNMEiCvbaDTG9
		Side plank taps 10 each	https://images.app.goo.gl/XmD6jnFK4ha34Ko2A
		lying side crunches 20 each side	https://images.app.goo.gl/CgNAieuaKDPs92rl6
Day 24		Bicycle Crunches 20	https://images.app.goo.gl/jBnX6uR5fmEm6ppQ9
		twisted taps 20	https://images.app.goo.gl/xuVESLJ4g1XBI2Y7
		Bent Over twist 20 each	https://pin.it/2TfabT
		Crunches 20	https://pin.it/4oNNNbn
		Side plank taps 10 each	https://images.app.goo.gl/XmD6jnFK4ha34Ko2A
		lying side crunches 20 each side	https://images.app.goo.gl/CgNAieuaKDPs92rl6
		Russian Twist	https://www.spotebi.com/wp-content/uploads/2015/04/russian-twist-exercise-illustration.gif
Day 25		spike pushups 15	https://images.app.goo.gl/cqYdf4z7ny5aBg3s5
		Butterfly Dips 15	https://pin.it/45GoQU1
		Ankle Tap Pushups 15 each	https://pin.it/2laQ3oM
		V Sit Bicycle 20	https://images.app.goo.gl/NERh8kkYcMHahTeF9
		Bent leg jack knife 20	https://images.app.goo.gl/XrPH1Drh73NHygBi8
		Squat Kick 20 each leg	https://images.app.goo.gl/xX2p1z4RJ2AFc2g8A
		plank to Pushups 10	https://images.app.goo.gl/6cYtBn5m4esHn66s7
Day 26		Jump Start 10 each leg	https://images.app.goo.gl/ScT1XNMEiCvbaDTG9
		Side plank taps 10 each	https://images.app.goo.gl/XmD6jnFK4ha34Ko2A
		lying side crunches 20 each side	https://images.app.goo.gl/CgNAieuaKDPs92rl6
		plank shoulder taps 20 each	https://pin.it/6YSoYvy
		Bent Over twist 20 each	https://pin.it/2TfabT
		Crunches 20	https://pin.it/4oNNNbn
Day 27		Diamond Pushups 15	https://images.app.goo.gl/aReJMAS2Ev7TGrMc6
		Triceps Dips 20	https://images.app.goo.gl/SCGnBy2aACA3L5669
		Chin ups 10	https://images.app.goo.gl/iucDeanRGaiVii6t5
		Spidermam plank 20	https://images.app.goo.gl/QQRxgd1vQbxdYFv7
		Mountain Climbers 20 count	https://www.spotebi.com/wp-content/uploads/2014/10/mountain-climbers-exercise-illustration-spotebi.gif
		Sumo Side Bends 20 counts per side	https://i.pinimg.com/originals/10/4c/5f/104c5f7ea76d834b4a7c730de66cb580.gif
		Superman Twist	https://images.app.goo.gl/A25V9uRZM9CdSPgH8
Day 28		Burpees 15	https://images.app.goo.gl/4SQGPpRbcN2Yadi86
		Jumping Squats 15	https://images.app.goo.gl/69scowV6ze9e2ZvxF7
		Jumping Lunges 15	https://images.app.goo.gl/ABbYeqAEdPBZAx2h9
		Standing criss cross crunches target 50 counts per side	https://i.pinimg.com/originals/6a/f4/8b/6af48bfe5cb37528728ca5ab4767a5f9.gif
		Mountain Climbers 20 count	https://www.spotebi.com/wp-content/uploads/2014/10/mountain-climbers-exercise-illustration-spotebi.gif
		Elbow Plank leg lifts 15 each side	https://www.spotebi.com/wp-content/uploads/2016/02/plank-leg-lifts-exercise-illustration-spotebi.gif
		Standing Hip Twist - Target 100 twists	https://i.pinimg.com/originals/12/31/e2/1231e24fc3d7944e38b180c51067689d.gif
Day 29		Inclined Pushups 15	https://lazarangelov.academy/uploads/exercises/gifs/5906ff7a51f9b.gif
		Declined Pushups 15 counts	https://www.spotebi.com/wp-content/uploads/2016/03/decline-push-up-exercise-illustration-spotebi.gif
		squats 20 count * 3 sets	https://www.spotebi.com/wp-content/uploads/2014/10/squat-exercise-illustration.gif
		Sumo Squats 15	https://www.spotebi.com/wp-content/uploads/2015/05/sumo-squat-exercise-illustration-spotebi.gif
		Forward Lunges 15	https://i.pinimg.com/originals/66/78/58/6678589817d6026fab7bd23838a8e3eb.gif
		Bicycle Crunches 20	https://images.app.goo.gl/jBnX6uR5fmEm6ppQ9
		Bent Over twist 20 each	https://pin.it/2TfabT

		Day 30	Step Climbing 30 on each leg	https://images.app.goo.gl/FNbHjnPXtHKxDRJDA					
			Bicycle Crunches 20	https://images.app.goo.gl/ljBnX6uR5fmEm6ppQ9					
			Jumping Squats 15	https://images.app.goo.gl/69cowV6ze9e2ZvxF7					
			Jumping Lunges 15	https://images.app.goo.gl/ABbYeqAEdPBZAx2h9					
			Mountain Climbers 20 count	https://www.spotebi.com/wp-content/uploads/2014/10/mountain-climbers-exercise-illustration-spotebi.gif					
			Sumo Side Bends 20 counts per side	https://i.pinimg.com/originals/10/4c/5f/104c5f7ea76d834b4a7c730de66cb580.gif					
			Superman Twist	https://images.app.goo.gl/A25V9uRZM9CdSPgH8					