10 Week No Gym Home Workout Plan

**Monday**
- Squats: 20 Sec.
- Plank: 15 Sec.
- Crunches: 25
- Jumping Jacks: 35
- Lunges: 15 Sec.
- Wall Sit: 25
- Sit Ups: 10
- Butt Kicks: 10 Sec.

**Tuesday**
- Squats: 15 Sec.
- Plank: 30 Sec.
- Crunches: 25
- Jumping Jacks: 10
- Lunges: 25 Sec.
- Wall Sit: 45
- Sit Ups: 35
- Butt Kicks: 30 Sec.

**Wednesday**
- Squats: 10 Sec.
- Plank: 30
- Crunches: 25
- Jumping Jacks: 10
- Lunges: 25 Sec.
- Wall Sit: 35
- Sit Ups: 30
- Butt Kicks: 25 Sec.

**Before After**
- Scale Wt.: From 160 LBS to 124 LBS
- Body Fat %: From 37.92% to 24.36%
- Abdomen: From 33.5 to 27.5
- Fat Mass: From 61.43 to 30.2