

■■■■■ Detailed 15-Minute Fat-Burning Home Workout Guide

No Equipment Needed | Beginner Friendly | Fat-Burning Focus

This guide provides a full 7-day plan with specific workouts, how to do each move, tips for form, and best practices to stay consistent and burn fat effectively from home.

■ 7-Day Workout Plan

- Monday: Beginner Fat-Burning Circuit (3 rounds)
- Tuesday: Rest or Light Stretching (10 minutes)
- Wednesday: HIIT Blast for Weight Loss (4 rounds)
- Thursday: Active Recovery (Walk or light yoga for 20–30 minutes)
- Friday: Full Body Burnout (3 rounds)
- Saturday: Bonus Burn (Repeat your favorite workout of the week)
- Sunday: Rest + Reflect + Stretch (10–15 minutes)

■ Monday: Beginner Fat-Burning Circuit

Round: Repeat the circuit 3 times

1. Jumping Jacks – 30 seconds

Keep arms straight, feet shoulder-width apart, and land softly.

2. Bodyweight Squats – 30 seconds

Lower down as if sitting in a chair. Knees stay over ankles.

3. Push-Ups (Knee Modified if needed) – 30 seconds

Keep your back straight, hands under shoulders.

4. Rest – 30 seconds

Walk in place, breathe deeply.

■ Wednesday: HIIT Blast for Weight Loss

Round: Repeat the circuit 4 times

1. High Knees – 40 seconds

Run in place, lifting knees to waist height. Engage core.

2. Rest – 20 seconds

3. Mountain Climbers – 40 seconds

Start in plank position, bring knees in fast like running.

4. Rest – 20 seconds

■ Friday: Full Body Burnout

Round: Repeat the cycle 3 times

1. Burpees – 1 minute

Squat, jump back to plank, push-up, jump forward, jump up.

2. Plank – 1 minute

Elbows under shoulders, keep hips level and core tight.

3. Jump Squats – 1 minute

Squat down, then jump up explosively. Land softly.

■ Pro Tips for Maximum Fat Burn

- Warm-up for 3–5 minutes before every workout (arm circles, jogging in place, leg swings).
- Cool down and stretch after each session (hold each stretch for 20–30 seconds).
- Stay consistent: aim for 4–6 workouts per week.
- Track progress with a notebook or app (note energy levels, time, effort).
- Pair workouts with a clean diet (whole foods, hydration, and lean proteins).

Start small, stay consistent, and watch your body transform with just 15 minutes a day.