

15-Minute Express Fat-Burning 7 Day Workouts Guide

Workout 1: Full-Body Blast:

Jumping Jacks: 1 minute
Push-ups: 1 minute
Squat Jumps: 1 minute
Mountain Climbers: 1 minute
Plank Hold: 1 minute
Burpees: 1 minute

Workout 2: Cardio Circuit:

High Knees: 1 minute
Jump Squats: 1 minute
Skater Lunges: 1 minute
Bicycle Crunches: 1 minute
Plank Jacks: 1 minute
Alternating Reverse Lunges: 1 minute

Workout 3: Core Crusher:

Russian Twists: 1 minute
Flutter Kicks: 1 minute
Plank Shoulder Taps: 1 minute
Leg Raises: 1 minute
Side Plank (each side): 30 seconds each
V-Ups: 1 minute

Workout 4: Lower Body Burn:

Squats: 1 minute
Walking Lunges: 1 minute
Glute Bridges: 1 minute
Calf Raises: 1 minute
Side Leg Raises (each side): 30 seconds each
Wall Sit: 1 minute

Workout 5: Upper Body Ignition:

Push-ups: 1 minute
Tricep Dips: 1 minute
Superman: 1 minute
Plank Hold: 1 minute
Shoulder Taps: 1 minute
Wide Arm Circles: 1 minute

Workout 6: HIIT Circuit:

High Knees: 1 minute
Burpees: 1 minute
Jumping Lunges: 1 minute
Plank Jacks: 1 minute
Bicycle Crunches: 1 minute
Side Plank Hip Dips (each side): 30 seconds each

Workout 7: Cardio and Core Combo:

Jumping Jacks: 1 minute
Mountain Climbers: 1 minute
Squat Jumps: 1 minute
Russian Twists: 1 minute
Plank Hold: 1 minute
Alternating Leg V-Ups: 1 minute

Exercise Tips: Please note that these are just sample workouts, and you can mix and match exercises or create your own variations based on individual preferences and fitness goals. Remember to warm up before starting these workouts and cool down afterward. Perform each exercise for the specified time or number of repetitions, with minimal rest between exercises. Feel free to adjust the exercises, repetitions, intensity, or time intervals to best suit your preferences and fitness level. Always listen to your body, and if you experience any discomfort or pain during the exercises, stop and consult a healthcare professional. These workouts provide a combination of cardio and strength exercises to maximize fat burning and improve overall fitness. Enjoy your workouts!

Disclaimer: The exercises provided are intended for general informational purposes only and should not replace professional advice or guidance. The exercises listed may not be suitable for everyone. It is crucial to consult with a qualified healthcare professional before starting any exercise program, especially if you have any underlying health conditions, injuries, or concerns. By choosing to engage in these exercises, you acknowledge that you are doing so at your own risk. It is essential to listen to your body, exercise within your limits, and stop any activity that causes discomfort or pain. Please seek professional advice to determine the suitability of these exercises for your specific circumstances. Remember, your health and safety should always be a top priority.