

## Week 4 weight loss workout plan

Exercises/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jumping Jacks	30 Reps	25 Reps	35 Reps	35 Reps	20 Reps	REST	REST
Side Plank	30 Reps	60 Reps	45 Reps	20 Reps	45 Reps	REST	REST
Russian Twists	15 Reps		20 Reps	30 Reps	20 Reps	REST	REST
Squat Jump	15 Reps	15 Reps	10 Reps	5 Reps	40 Reps	REST	REST
Push-Ups	17 Reps	17 Reps	15 Reps	10 Reps	17 Reps	REST	REST
Lunge Kicks	40 Reps	30 Reps	5 Reps	15 Reps	40 Reps	REST	REST
Wall Sit	25 Reps	30 Reps	30 Reps	25 Reps	35 Reps	REST	REST
Side Crunches	30 Reps	40 Reps		40 Reps	10 Reps	REST	REST
High Knees	20 Reps	15 Reps	40 Reps	30 Reps	25 Reps	REST	REST

### **Disclaimer**

[BeActiveFit](#) cites only high-authority sources, including peer-reviewed studies and renowned journals to support the facts within our articles. The content is meticulously fact-checked for scientific and statistical accuracy by our editorial team.

Any information published on this website or by this brand is not intended as a substitute for medical advice, and you are advised to consult a healthcare professional before taking any action.