



KETO BURN

HOME WORKOUTS



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HOME WORKOUT

HOW TO USE THIS PROGRAM:

- These workouts are based on 5 workout days per week. You will have 2 rest days per week.
- For simplicity, we included all of these exercises demonstrations in video form. Just click on the exercise and it will take you directly to the video.
- The exercises provided are specifically chosen because they are effective keeping you in a fat burning state.
- Warm-Up : Every workout should begin with a 5-10 minute warm-up exercise involving low intensity cardio. You can use any form of Low Intensity Cardio. Here are some warm-up exercises you can do: Walking on a treadmill or walking outside, cycling (indoor exercise bike or outdoor biking), or a stairmaster.
- Cool-Down: Every workout will end with 5-10 minutes of low intensity cardio exercise



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HOME WORKOUT

WEEK 1

DAY 1

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Skate Lunges	3	3 each leg	30 sec - 1 min
Split Squat	3	12 each leg	30 sec - 1 min
Plank	3	20, 30, 45 sec	30 sec - 1 min
Crunches	3	20	30 sec - 1 min
Lunges	3	15 each leg	30 sec - 1 min
Wall Sits	3	25, 35, 45 sec	30 sec - 1 min
Sit Ups	3	10	30 sec - 1 min
Lunge Kicks	3	15 each side	30 sec - 1 min
High Knees	3	25 sec	30 sec - 1 min

DAY 2

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Pushups	3	5 - 10	30 sec - 1 min
Side Crunches	3	10 each side	30 sec - 1 min
Planks	3	20, 30, 45 sec	30 sec - 1 min
Dips	3	10	30 sec - 1 min
Shoulder Taps	3	10 each arm	30 sec - 1 min
High to Low Planks	3	15	30 sec - 1 min
Elbow Plank with Reach	3	15 each side	30 sec - 1 min
Plyo Pushup	3	5 - 10	30 sec - 1 min

DAY 3

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Bicycle Crunches	3	15 each side	30 sec - 1 min
Jack Knifes	3	10	30 sec - 1 min
Planks	3	20, 30, 40 sec	30 sec - 1 min
Windshield Wipers	3	10 each side	30 sec - 1 min
Glute Bridges	3	20	30 sec - 1 min
Russian Twists	3	20 each side	30 sec - 1 min

DAY 4

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	10	30 sec - 1 min
Jumping Jacks	5	5	30 sec - 1 min
Mountain Climbers	5	15 each leg	30 sec - 1 min
Sprints	5	30 sec	30 sec - 1 min

DAY 5

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	10	30 sec - 1 min
High Knees	5	25 sec	30 sec - 1 min
Bear Walk	5	45 sec	30 sec - 1 min
Sprints	5	30 sec	30 sec - 1 min

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HOME WORKOUT

WEEK 2

DAY 1

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Jumping Jacks	3	35	30 sec - 1 min
Squats	3	20	30 sec - 1 min
Plank	3	15, 30, 45 (sec)	30 sec - 1 min
Crunches	3	25	30 sec - 1 min
Lunges	3	15 (each leg)	30 sec - 1 min
Wall Sits	3	25, 35, 45 sec)	30 sec - 1 min
Sit Ups	3	10	30 sec - 1 min
Butt Kicks	3	10 each leg	30 sec - 1 min
Squat Jumps	3	30	30 sec - 1 min

DAY 2

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Pushups	3	5 to 10	30 sec - 1 min
Side Planks (each side)	3	20, 30, 45 sec	30 sec - 1 min
Planks	3	20, 30, 45 sec	30 sec - 1 min
Dips	3	10	30 sec - 1 min
Shoulder Taps	3	10 each arm	30 sec - 1 min
High to Low Planks	3	20	30 sec - 1 min
Elbow Plank with Reach	3	15 each side	30 sec - 1 min
Plyo Pushup	3	5 to 10	30 sec - 1 min

DAY 3

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Bicycle Crunches	3	15 each side	30 sec - 1 min
Flutter Kicks	3	15 each leg	30 sec - 1 min
Planks	3	20, 30, 45 sec	30 sec - 1 min
Heel Touches	3	10 each side	30 sec - 1 min
Glute Bridges	3	20	30 sec - 1 min
Russian Twists	3	20 each side	30 sec - 1 min

DAY 4

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	10	30 sec - 1 min
Jumping Jacks	5	5	30 sec - 1 min
Mountain Climbers	5	15 each leg	30 sec - 1 min
Sprints	5	30 sec	30 sec - 1 min

DAY 5

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	10	30 sec - 1 min
High Knees	5	25 sec	30 sec - 1 min
Bear Walk	5	45 sec	30 sec - 1 min
Sprints	5	30 sec	30 sec - 1 min



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WEEK 3

DAY 1

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Skate Lunges	3	3 each leg	30 sec - 1 min
Split Squat	3	12 each leg	30 sec - 1 min
Plank	3	20, 30, 45 sec	30 sec - 1 min
Crunches	3	20	30 sec - 1 min
Lunges	3	15 each leg	30 sec - 1 min
Wall Sits	3	25, 35, 45 sec	30 sec - 1 min
Sit Ups	3	10	30 sec - 1 min
Lunge Kicks	3	15 each side	30 sec - 1 min
High Knees	3	25 sec	30 sec - 1 min

DAY 2

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Pushups	3	5 - 10	30 sec - 1 min
Side Crunches	3	10 each side	30 sec - 1 min
Planks	3	20, 30, 45 sec	30 sec - 1 min
Dips	3	10	30 sec - 1 min
Shoulder Taps	3	10 each arm	30 sec - 1 min
High to Low Planks	3	15	30 sec - 1 min
Elbow Plank with Reach	3	15 each side	30 sec - 1 min
Plyo Pushup	3	5 - 10	30 sec - 1 min

DAY 3

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Bicycle Crunches	3	15 each side	30 sec - 1 min
Jack Knifes	3	10	30 sec - 1 min
Planks	3	20, 30, 40 sec	30 sec - 1 min
Windshield Wipers	3	10 each side	30 sec - 1 min
Glute Bridges	3	20	30 sec - 1 min
Russian Twists	3	20 each side	30 sec - 1 min

DAY 4

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	10	30 sec - 1 min
Jumping Jacks	5	5	30 sec - 1 min
Mountain Climbers	5	15 each leg	30 sec - 1 min
Sprints	5	30 sec	30 sec - 1 min

DAY 5

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	10	30 sec - 1 min
High Knees	5	25 sec	30 sec - 1 min
Bear Walk	5	45 sec	30 sec - 1 min
Sprints	5	30 sec	30 sec - 1 min

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WEEK 4

DAY 1

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Jumping Jacks	3	35	30 sec - 1 min
Squats	3	20	30 sec - 1 min
Plank	3	15, 30, 45 (sec)	30 sec - 1 min
Crunches	3	25	30 sec - 1 min
Lunges	3	15 (each leg)	30 sec - 1 min
Wall Sits	3	25, 35, 45 sec)	30 sec - 1 min
Sit Ups	3	10	30 sec - 1 min
Butt Kicks	3	10 each leg	30 sec - 1 min
Squat Jumps	3	30	30 sec - 1 min

DAY 2

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Pushups	3	5 to 10	30 sec - 1 min
Side Planks (each side)	3	20, 30, 45 sec	30 sec - 1 min
Planks	3	20, 30, 45 sec	30 sec - 1 min
Dips	3	10	30 sec - 1 min
Shoulder Taps	3	10 each arm	30 sec - 1 min
High to Low Planks	3	20	30 sec - 1 min
Elbow Plank with Reach	3	15 each side	30 sec - 1 min
Plyo Pushup	3	5 to 10	30 sec - 1 min

DAY 3

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Bicycle Crunches	3	15 each side	30 sec - 1 min
Flutter Kicks	3	15 each leg	30 sec - 1 min
Planks	3	20, 30, 45 sec	30 sec - 1 min
Heel Touches	3	10 each side	30 sec - 1 min
Glute Bridges	3	20	30 sec - 1 min
Russian Twists	3	20 each side	30 sec - 1 min

DAY 4

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	10	30 sec - 1 min
Jumping Jacks	5	5	30 sec - 1 min
Mountain Climbers	5	15 each leg	30 sec - 1 min
Sprints	5	30 sec	30 sec - 1 min

DAY 5

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	10	30 sec - 1 min
High Knees	5	25 sec	30 sec - 1 min
Bear Walk	5	45 sec	30 sec - 1 min
Sprints	5	30 sec	30 sec - 1 min

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WEEK 5

DAY 1

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Skate Lunge	3	30 each leg	30 sec - 1 min
Split Squat	3	15 each leg	30 sec - 1 min
Plank	3	30, 45, 60 (sec)	30 sec - 1 min
Crunches	3	30	30 sec - 1 min
Lunges	3	15 (each leg)	30 sec - 1 min
Wall Sits	3	35, 45, 60 (sec)	30 sec - 1 min
Sit Ups	3	15	30 sec - 1 min
Lunge Kicks	3	15 each side	30 sec - 1 min
High Knees	3	45 sec	30 sec - 1 min

DAY 2

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Pushups	3	10 to 15	30 sec - 1 min
Side Crunches	3	10 each side	30 sec - 1 min
Planks	3	30, 45, 60 (sec)	30 sec - 1 min
Dips	3	20	30 sec - 1 min
Shoulder Taps	3	15 each arm	30 sec - 1 min
High to Low Planks	3	20	30 sec - 1 min
Elbow Plank with Reach	3	20 each side	30 sec - 1 min
Plyo Pushup	3	10 to 15	30 sec - 1 min

DAY 3

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Bicycle Crunches	3	15 each side	30 sec - 1 min
Jack Knives	3	15	30 sec - 1 min
Planks	3	30, 45, 60 (sec)	30 sec - 1 min
Windshield Wipers	3	15 each side	30 sec - 1 min
Glute Bridges	3	25	30 sec - 1 min
Russian Twists	3	30 each side	30 sec - 1 min

DAY 4

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	20	30 sec - 1 min
Jumping Jacks	5	10	30 sec - 1 min
Mountain Climbers	5	15 each leg	30 sec - 1 min
Sprints	5	45 sec	30 sec - 1 min

DAY 5

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	20	30 sec - 1 min
High Knees	5	30 sec	30 sec - 1 min
Bear Walk	5	1 min	30 sec - 1 min
Sprints	5	45 sec	30 sec - 1 min

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WEEK 6

DAY 1

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Jumping Jacks	3	50	30 sec - 1 min
Squats	3	30	30 sec - 1 min
Plank	3	30, 45, 60 (sec)	30 sec - 1 min
Crunches	3	25	30 sec - 1 min
Lunges	3	20 (each leg)	30 sec - 1 min
Wall Sits	3	35, 45, 60 (sec)	30 sec - 1 min
Sit Ups	3	15	30 sec - 1 min
Butt Kicks	3	20 each leg	30 sec - 1 min
Squat Jumps	3	30	30 sec - 1 min

DAY 2

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Pushups	3	10 to 15	30 sec - 1 min
Side Planks (each side)	3	20, 30, 45 sec (each side)	30 sec - 1 min
Planks	3	30, 45, 60 sec	30 sec - 1 min
Dips	3	15	30 sec - 1 min
Shoulder Taps	3	12 each arm	30 sec - 1 min
High to Low Planks	3	20	30 sec - 1 min
Elbow Plank with Reach	3	20 each side	30 sec - 1 min
Plyo Pushup	3	10 to 15	30 sec - 1 min

DAY 3

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Bicycle Crunches	3	20 each side	30 sec - 1 min
Flutter Kicks	3	15 each leg	30 sec - 1 min
Planks	3	30, 45, 60 sec	30 sec - 1 min
Heel Touches	3	15 each side	30 sec - 1 min
Glute Bridges	3	30	30 sec - 1 min
Russian Twists	3	30 each side	30 sec - 1 min

DAY 4

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	20	30 sec - 1 min
Jumping Jacks	5	10	30 sec - 1 min
Mountain Climbers	5	15 each leg	30 sec - 1 min
Sprints	5	45 sec	30 sec - 1 min

DAY 5

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	20	30 sec - 1 min
High Knees	5	30 sec	30 sec - 1 min
Bear Walk	5	1 min	30 sec - 1 min
Sprints	5	45 sec	30 sec - 1 min

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WEEK 7

DAY 1

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Skate Lunge	3	30 each leg	30 sec - 1 min
Split Squat	3	15 each leg	30 sec - 1 min
Plank	3	30, 45, 60 (sec)	30 sec - 1 min
Crunches	3	30	30 sec - 1 min
Lunges	3	15 (each leg)	30 sec - 1 min
Wall Sits	3	35, 45, 60 (sec)	30 sec - 1 min
Sit Ups	3	15	30 sec - 1 min
Lunge Kicks	3	15 each side	30 sec - 1 min
High Knees	3	45 sec	30 sec - 1 min

DAY 2

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Pushups	3	10 to 15	30 sec - 1 min
Side Crunches	3	10 each side	30 sec - 1 min
Planks	3	30, 45, 60 (sec)	30 sec - 1 min
Dips	3	20	30 sec - 1 min
Shoulder Taps	3	15 each arm	30 sec - 1 min
High to Low Planks	3	20	30 sec - 1 min
Elbow Plank with Reach	3	20 each side	30 sec - 1 min
Plyo Pushup	3	10 to 15	30 sec - 1 min

DAY 3

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Bicycle Crunches	3	15 each side	30 sec - 1 min
Jack Knives	3	15	30 sec - 1 min
Planks	3	30, 45, 60 (sec)	30 sec - 1 min
Windshield Wipers	3	15 each side	30 sec - 1 min
Glute Bridges	3	25	30 sec - 1 min
Russian Twists	3	30 each side	30 sec - 1 min

DAY 4

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	20	30 sec - 1 min
Jumping Jacks	5	10	30 sec - 1 min
Mountain Climbers	5	15 each leg	30 sec - 1 min
Sprints	5	45 sec	30 sec - 1 min

DAY 5

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	20	30 sec - 1 min
High Knees	5	30 sec	30 sec - 1 min
Bear Walk	5	1 min	30 sec - 1 min
Sprints	5	45 sec	30 sec - 1 min

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WEEK 8

DAY 1

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Jumping Jacks	3	50	30 sec - 1 min
Squats	3	30	30 sec - 1 min
Plank	3	30, 45, 60 (sec)	30 sec - 1 min
Crunches	3	25	30 sec - 1 min
Lunges	3	20 (each leg)	30 sec - 1 min
Wall Sits	3	35, 45, 60 (sec)	30 sec - 1 min
Sit Ups	3	15	30 sec - 1 min
Butt Kicks	3	20 each leg	30 sec - 1 min
Squat Jumps	3	30	30 sec - 1 min

DAY 2

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Pushups	3	10 to 15	30 sec - 1 min
Side Planks (each side)	3	20, 30, 45 sec (each side)	30 sec - 1 min
Planks	3	30, 45, 60 sec	30 sec - 1 min
Dips	3	15	30 sec - 1 min
Shoulder Taps	3	12 each arm	30 sec - 1 min
High to Low Planks	3	20	30 sec - 1 min
Elbow Plank with Reach	3	20 each side	30 sec - 1 min
Plyo Pushup	3	10 to 15	30 sec - 1 min

DAY 3

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Bicycle Crunches	3	20 each side	30 sec - 1 min
Flutter Kicks	3	15 each leg	30 sec - 1 min
Planks	3	30, 45, 60 sec	30 sec - 1 min
Heel Touches	3	15 each side	30 sec - 1 min
Glute Bridges	3	30	30 sec - 1 min
Russian Twists	3	30 each side	30 sec - 1 min

DAY 4

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	20	30 sec - 1 min
Jumping Jacks	5	10	30 sec - 1 min
Mountain Climbers	5	15 each leg	30 sec - 1 min
Sprints	5	45 sec	30 sec - 1 min

DAY 5

WARM-UP AND COOL DOWN FOR 5-10 MINUTES EACH.

WORKOUT	SETS	REPS	RESTTIME
Burpees	5	20	30 sec - 1 min
High Knees	5	30 sec	30 sec - 1 min
Bear Walk	5	1 min	30 sec - 1 min
Sprints	5	45 sec	30 sec - 1 min