

4-Week Belly Fat Workout Planner for Women

Target belly fat with effective home workouts designed for women. Visit janifersmithfitness.com for more!

Introduction

Helping women reduce belly fat naturally with a structured 4-week plan, focusing on overall fat loss through cardio, strength, and core exercises. No equipment needed, perfect for busy schedules. Check out janifersmithfitness.com for additional support.

Overview

- **Goal:** Reduce body fat, strengthen core, boost metabolism.
- **Duration:** 4 weeks, 4 days per week (e.g., Mon, Wed, Fri, Sun).
- **Time:** 30-40 minutes per session.
- **Equipment:** Bodyweight (optional dumbbells/resistance bands).
- **Resource:** Visit janifersmithfitness.com for more tips!

Weekly Plan

Week 1: Build Foundation

- **Focus:** Introduce movements, build endurance.
- **Intensity:** Moderate.

Section	Details
Warm-Up (5 min)	March in place with arm swings (1 min), side-to-side stretches (1 min), high knees (1 min), arm circles (1 min).

Main Workout (25 min)	<ul style="list-style-type: none"> • Jumping Jacks: 3 sets of 30 sec (rest 30 sec). • Plank: 3 sets of 20-30 sec (rest 30 sec). • Mountain Climbers: 3 sets of 20 sec (rest 30 sec). • Leg Raises: 3 sets of 10 reps (rest 30 sec). • Standing Twists: 3 sets of 1 min (rest 30 sec).
Cool Down (5 min)	Deep breathing (1 min), hamstring stretch (1 min per leg), cat-cow stretch (1 min).

Notes: Start slow, focus on form. Rest 1-2 min between circuits. Visit jani.fersmithfitness.com for form videos!

Week 2: Increase Intensity

• **Focus:** Build on Week 1, add challenge.

• **Intensity:** Moderate to high.

Section	Details
Warm-Up (5 min)	Same as Week 1, increase high knees to 2 min.
Main Workout (30 min)	<ul style="list-style-type: none"> • Jumping Jacks: 4 sets of 40 sec (rest 30 sec). • Plank with Shoulder Taps: 4 sets of 30 sec (rest 30 sec). • Mountain Climbers: 4 sets of 30 sec (rest 30 sec). • Bicycle Crunches: 4 sets of 12 reps per side (rest 30 sec). • Standing Twists with Arm Raise: 4 sets of 1 min (rest 30 sec).
Cool Down (5 min)	Same as Week 1, hold stretches 15 sec longer.

Notes: Add 5-10 sec to plank if comfortable. Stay hydrated. Head to jani.fersmithfitness.com

Week 3: HIIT Boost

- **Focus:** Introduce high-intensity intervals.
- **Intensity:** High.

Section	Details
Warm-Up (5 min)	Same as Week 2, add dynamic lunges (1 min).
Main Workout (35 min)	<ul style="list-style-type: none">• HIIT Circuit (3x, 1 min rest): Jump Squats (30 sec), Plank (30 sec), Mountain Climbers (30 sec), Rest (30 sec).• Bicycle Crunches: 4 sets of 15 reps per side (rest 30 sec).• Leg Raises: 4 sets of 12 reps (rest 30 sec).• Side Plank: 3 sets of 20 sec per side (rest 30 sec).
Cool Down (5 min)	Same as Week 2, add side stretches (1 min).

Notes: Push hard during HIIT, listen to your body. Optional timer app. Explore more at janifersmithfitness.com!

Week 4: Peak Performance

- **Focus:** Combine endurance and strength.
- **Intensity:** High with control.

Section	Details
Warm-Up (5 min)	Same as Week 3.

Main Workout (40 min)	<ul style="list-style-type: none"> • HIIT Circuit (4x, 1 min rest): Jump Squats (40 sec), Plank with Shoulder Taps (40 sec), Mountain Climbers (40 sec), Rest (40 sec). • Bicycle Crunches: 4 sets of 20 reps per side (rest 30 sec). • Leg Raises: 4 sets of 15 reps (rest 30 sec). • Side Plank with Hip Dip: 4 sets of 20 sec per side (rest 30 sec).
Cool Down (5 min)	Same as Week 3, hold each stretch for 30 sec.

Notes: Celebrate progress! Add 5-10 min walking daily for extra burn. Visit janifersmithfitness.com for community support!

Additional Tips

- Pair with a balanced diet: lean proteins, veggies, healthy fats. Avoid sugary snacks.
- Hydration: 8-10 glasses of water daily.
- Rest: 7-8 hours of sleep to support fat loss.
- Progress: Track waist measurements weekly, not just weight.
- Support: Join the community at janifersmithfitness.com for more resources!

Final Encouragement

Consistency is key! Adjust reps or rest as needed. You've got this—start to day and feel the transformation with support from janifersmithfitness.com!