

15-Minute Tummy Fat Workout Planner for Female Beginners

This planner is designed for busy women who want to tone and slim their tummy in just 15 minutes a day. It's beginner-friendly, requires no equipment, and can be done at home. Follow this circuit for quick and effective results!

Exercise	Duration/Reps	Tips
Bicycle Crunches	2 minutes (15 reps per side)	Go slow for maximum burn
Plank Hold	2 minutes (30 sec hold x repeats)	Keep your body straight, breathe deeply
Mountain Climbers	3 minutes (45s on, 15s rest)	Keep hips low, engage abs
Russian Twists	2 minutes (20 twists)	Use water bottle/book for resistance
Leg Raises	2 minutes (12-15 reps)	Hands under hips for support

Routine Flow:

- Perform each move back-to-back in a circuit style.
- Take 30–60 seconds rest between exercises if needed.
- Repeat the full circuit 2 times for a complete 15-minute workout.

Pro Tips to Stay Consistent:

- Set the vibe: play your favorite workout playlist.
- Track progress with Strava or Canva workout charts.
- Stay hydrated – always keep water nearby.
- Aim for 3–4 sessions per week for best results.

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