

Janifer Smith Fitness - Free 7-Day At-Home Cardio Workout Planner

Welcome, friend! ■ Here's your ****FREE 7-Day Workout Planner**** designed exclusively for busy women who want to stay fit, burn calories, and boost energy right from home. No gym, no excuses—just quick, fun, and effective workouts. Visit us anytime at JaniferSmithFitness.com for more workout guides and fitness tips!

Day	Workout	Duration	Notes
Monday	HIIT Cardio (High Knees, Burpees, Jump Squats)	15 min	Push hard, then rest
Tuesday	Dance Cardio (YouTube Playlist)	20 min	Choose your favorite music
Wednesday	Jump Rope (or Air Jumps)	10 min	Stay light on your feet
Thursday	Stair Climbing / Step-Ups	15 min	Great lower-body burner
Friday	Cardio Kickboxing	20 min	Punch & kick the stress away
Saturday	Full-Body Mix (HIIT + Dance)	20 min	Mix it up for fun
Sunday	Rest / Stretching & Light Yoga	15 min	Recover & recharge

■ Remember: Consistency is key. Even 10–15 minutes a day can transform your energy and confidence. ■ Keep shining and check out more free resources at JaniferSmithFitness.com