

HOME WORKOUT PLAN

Beginner Friendly

DAY 1



Knee Friendly
Booty

DAY 2



NEW VIDEO
10min Full Body /
Beginner



Full Body Mix

DAY 3



Fun Cardio!

DAY 4



REST DAY, OPTIONAL:



DAY 5



or



Abs + Legs

DAY 6



NEW VIDEO
Sitting Too Much
Stretch

Full Body +
Stretch

DAY 7



REST DAY

Top Home Workout Guide 14929 53593

Dj P



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The Home Workout Plan for Beginners Dale L Roberts, 2019-02-06 Workout at Home with this Exercise Program for Beginners Are you ready to finally start working out but don't know where to begin Wouldn't it be nice to get a simple exercise program you can do from the comforts of your home Then The Home Workout Plan for Beginners has what you need without any filler No more fooling around with fad diets trendy workout programs or questionable weight loss theories You need sound advice on the fundamentals of working out with proven results and credible resources The Home Workout Plan for Beginners gives everything you need to start your new healthy lifestyle on the right foot and continue to even better health and fitness In The Home Workout Plan for Beginners you'll discover Why you don't have to kill yourself for impressive results How short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don't have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results ASAP Stop hoping to get results by blindly searching online for answers Get the right information on the best steps for a beginner's home workout plan right NOW Get Your Copy and Start Your NEW At Home Workout Routine TODAY *Top 5 At-Home Workouts for Busy Professionals* ADETUNJI DAMILOLA, 2024-06-20 *Top 5 At Home Workouts for Busy Professionals Transform Your Health in Just Minutes a Day* Are you a busy professional struggling to find time for fitness amidst your demanding schedule Do you want to stay fit and healthy without spending hours at the gym Look no further This book is your ultimate guide to integrating efficient and effective at home workouts into your daily routine no matter how hectic life gets Inside this comprehensive guide you'll discover High Intensity Interval Training HIIT Quick powerful workouts that burn calories and boost metabolism in just 20 minutes or less Bodyweight Exercises Versatile equipment free workouts you can do anywhere anytime Yoga and Stretching Relaxing routines that enhance flexibility reduce stress and improve mental clarity Resistance Band Workouts Compact portable exercises that build strength and tone muscles Desk Exercises and Micro Workouts Simple effective movements to keep you active throughout the day even at your desk Each chapter is packed with detailed instructions sample routines and practical tips to help you get the most out of your workouts Whether you're a fitness beginner or looking to shake up your routine these exercises are designed to fit seamlessly into your busy life and deliver maximum results in minimal time Why choose this book Time Saving Solutions Tailored for busy professionals these workouts are quick and efficient fitting easily into your schedule No Gym Required All exercises can be performed at home with minimal to no equipment Expert Guidance Benefit from the author's extensive experience in fitness and health ensuring safe and effective routines Holistic Approach Emphasizes both physical and mental well being helping you achieve a balanced healthy lifestyle Don't let a busy schedule be an excuse for neglecting your health Empower yourself with the knowledge and tools to stay fit energized and productive Start your journey to a healthier you today Get your copy of

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