

Full Body Workout

At Home!

50 Jumping Jacks
50 High Knees
50 Mountain Climbers
20 Squats
10 Burpees
25 Full Sit-ups
30 Second Plank

REST

50 Jumping Jacks
20 Lunges
15 Pushups
20 Squats
15 Tricep Dips
25 Crunches
30 Second Plank

REST

50 Jumping Jacks
20 Cross Body Punches
20 Donkey Kicks (10 each side)
20 Squats
25 Russian Twists
25 Bicycle Crunches
30 Second Plank



Simple Home Workout For Moms For Students 14257

Mark Steyvers



Simple Home Workout For Moms For Students 14257:

Delve into the emotional tapestry woven by Crafted by in Dive into the Emotion of **Simple Home Workout For Moms For Students 14257** . This ebook, available for download in a PDF format (*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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