



# Free At-Home

# WORKOUT PLAN

free at home workouts

01 <b>Lower Body Strength + Cardio</b> 30 Minutes	02 <b>Upper Body HIIT</b> 30 Minutes	03 <b>Cardio and Abs</b> 30 Minutes	04 <i>Rest Day:</i> <b>Barre Butt + Abs</b> 10 Minutes	05 <b>Total Body Pyramid</b> 30 Minutes	06 <b>Full Body HIIT</b> 20 Minutes	07 <i>Rest Day:</i> <b>Full Body Stretch</b> 10 Minutes
08 <b>Legs + Back</b> 30 Minutes	09 <b>Upper Body Strength + Cardio</b> 30 Minutes	10 <b>Power Barre</b> 30 Minutes	11 <i>Rest Day:</i> <b>Abs, Butt + Thighs</b> 15 Minutes	12 <b>Total Body HIIT</b> 30 Minutes	13 <b>HIIT Pyramid and 7-Min Abs</b> 30 Minutes	14 <i>Rest Day:</i> <b>Full Body Stretch</b> 10 Minutes
15 <b>Lower Body Strength + Cardio</b> 30 Minutes	16 <b>Back Workout and 5-Min Abs</b> 30 Minutes	17 <b>Cardio and Abs</b> 30 Minutes	18 <i>Rest Day:</i> <b>Power Yoga</b> 15 Minutes	19 <b>Full Body Pyramid</b> 35 Minutes	20 <b>Best Full Body and Lower Abs</b> 30 Minutes	21 <i>Rest Day:</i> <b>Full Body Stretch</b> 10 Minutes
22 <b>Legs, Back + Biceps Pyramid</b> 30 Minutes	23 <b>Chest Workout and 5-Min Abs</b> 30 Minutes	24 <b>Cardio Kickboxing Barre</b> 30 Minutes	25 <i>Rest Day:</i> <b>HIIT Cardio</b> 15 Minutes	26 <b>Kettlebell (or 1 DB) HIIT</b> 30 Minutes	27 <b>No Repeats HIIT</b> 30 Minutes	28 <i>Rest Day:</i> <b>Full Body Stretch</b> 10 Minutes

# Simple Home Workout Online

**VM Jensen**



## **Simple Home Workout Online:**

## Unveiling the Power of Verbal Art: An Mental Sojourn through **Simple Home Workout Online**

In a world inundated with screens and the cacophony of quick conversation, the profound power and psychological resonance of verbal art frequently fade into obscurity, eclipsed by the continuous onslaught of noise and distractions. However, nestled within the lyrical pages of **Simple Home Workout Online**, a fascinating function of literary beauty that impulses with natural feelings, lies an unforgettable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that enchanting opus manuals readers on a psychological odyssey, lightly exposing the latent possible and profound impact embedded within the intricate web of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is main styles, dissect their charming publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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