10-15 Minute Beginner Strength Training Routine

Quick, Easy & Perfect Strength Training Routine for Beginners

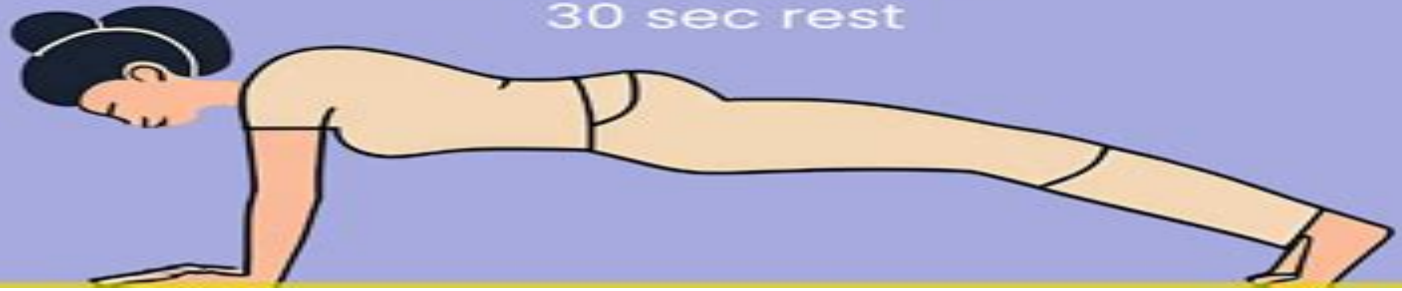
1. Squats (Bodyweight or Dumbbells)
2 sets x 12–15 reps
30 sec rest

2. Push-ups (Knee or Regular)
2 sets x 10–12 reps
30 sec rest

3. Dumbbell Rows
2 sets x 12 reps per arm
30 sec rest

4. Glute Bridges
2 sets x 12–15 reps
30 sec rest

5. Dumbbell Shoulder Press
2 sets x 12 reps
30 sec rest



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