

HOME WORKOUT PLAN

Beginner Friendly

DAY 1

Let's Warm Up



choose your fave!



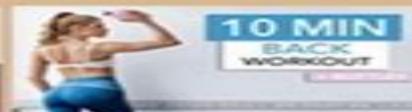
DAY 2

Leg Day



DAY 3

Abs + Back



DAY 4

REST DAY . OPTIONAL:



DAY 5

Cardio + Full Body



DAY 6

Booty + Full Body



DAY 7

REST DAY

Why Home Workout Step Plan 31820 70484

Puja Mehta



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