



# What's your current level of fitness?

Answer a few questions so we can recommend the best workouts for you.

## Beginner

I'm new to fitness or haven't exercised in a long time.

## Intermediate

I try to work out at least 2 to 3 times a week.

## Advanced

I'm very active and work out regularly.

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# Best Home Workout Online For Workers

**Roman Wölfel**



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