

# FULL BODY AT HOME WORKOUT

## Day 1 - Lower Body & Abs

1. Jump Squats



2. Lunges



3. Split Squat



4. Side Lunges



5. Back Extension



6. Jackknife



7. Russian Twist



8. Plank



**CIRCUIT A: 1-2**  
**CIRCUIT B: 3-4**  
**CIRCUIT C: 5-8**

3 sets of 10 reps each

# Best Home Workout Full Tutorial

**S Ashworth**



**Best Home Workout Full Tutorial:**

## **Best Home Workout Full Tutorial** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Best Home Workout Full Tutorial**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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