

15-minute bodyweight workout



Instructions



Warm up by jogging on the spot for 3 minutes



Complete as many reps of each exercise as you can in 40 seconds, rest for 20 seconds before next exercise



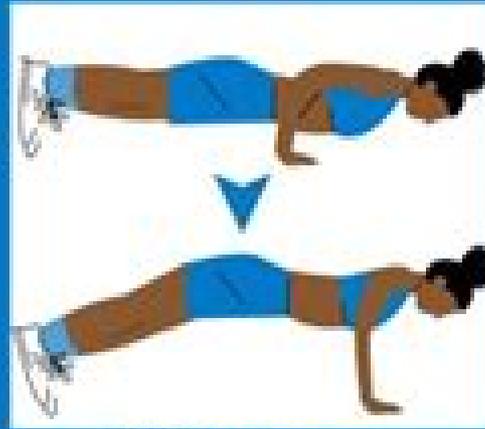
Complete the full routine twice



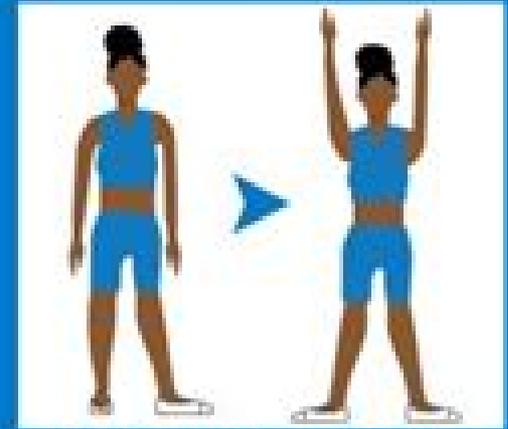
Cool down with 2 mins of stretches



1. Lunges



2. Pushups



3. Jumping jacks



4. Plank crunches



5. Squats

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S Ben Porath



Top Method For Home Workout For Small Business 8386:

The Enigmatic Realm of **Top Method For Home Workout For Small Business 8386**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Top Method For Home Workout For Small Business 8386** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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