

PRINTABLE WORKOUT

At Home Workout for Beginners



Jumping Jacks / Star Jumps
40 secs



Bodyweight Squat
2 sets / 8 reps



Bodyweight Walking Lunge
2 sets / 8 reps



Crunches
2 sets / 15 reps



Donkey Kicks
2 sets / 8 reps



Modified / Knee Push-up
2 sets



Mountain Climbers /
Alternating Knee-ins
2 sets / 12 reps



Plank
20 secs

Affordable Home Workout For Beginners For Beginners

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Affordable Home Workout For Beginners For Beginners:

A Beginners Guide to Working Out Dr. W. Ness,2019-09-23 The activities people do have a huge effect on their health and overall quality of life Getting enough physical exercise is actually a fairly simple process however most people seem to be confused about what a healthy amount of exercise is and how to even begin in part this is due to the explosion of new exercise trends that have popped up over the past 50 years These new exercise and workout trends can often lead to distractions and confusions about what constitutes a basic healthy and adequate exercise routine Inside this guide A Beginners Guide to Working Out The Ultimate Guide to Starting an Exercise Routine for Physical Fitness we hope to teach you the basis of what comprises a healthy exercise routine and how everyone can get a full workout as needed by their bodies to stay physically and medically healthy fit By reading our beginners guide to fitness you will learn How Much Exercise is Needed Every Day What the Best Types of Exercise Are The Different Type of Exercise Routines Where to Effectively Workout The Common Exercise Equipment People Use A 7 Day Example Exercise Routine The Added Health Benefits of Regular Exercise And so Much More Getting started on a regular healthy and non restrictive exercise program is easier and less time consuming than most people think

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