

JAR OF LEMONS

AT-HOME CARDIO WORKOUT

(DO THIS WORKOUT 2-3 TIMES!)



JUMPING JACKS
50 REPS



HIGH KNEES
50 REPS
(ALTERNATING)

MOUNTAIN CLIMBERS 50 REPS



SQUAT JUMPS 20 REPS



SIDE LUNGE JUMPS 30 REPS (ALTERNATING)



TOE TOUCHES 20 REPS (ALTERNATING)



BURPEES 15 REPS



BUTT KICKS 50 REPS



Easy Home Workout 2025 For Workers

S Baum



Easy Home Workout 2025 For Workers:

Delve into the emotional tapestry woven by in Experience **Easy Home Workout 2025 For Workers** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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Easy Home Workout 2025 For Workers Introduction

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