

FULL BODY HOME WORKOUT PLAN

NO EQUIPMENT NEEDED

1. Squats

3 x 15–20 reps
60 secs Rest

Feet shoulder-width apart. Move with hips first. Lower body down & stop at 90° angle. Hold 1–2 secs. Squeeze glutes to push up.

2. Vertical Pulls

3 x 10 reps
60 secs Rest

Feet either side of door. Hold & lean back till arms fully extended. Pull body up to door. Keep elbows close to body. Engage core. Keep body straight.

3. Push Ups

3 x 15–20 reps
60 secs Rest

From plank position, lower body to floor keeping the body straight. Stop once elbows reach 90° angle. Hold 1–2 secs and push back up to plank.

4. Standing Calf Raises

3 x 15–20 reps
60 secs Rest

Stand on a raised surface, heels off the edge. Drop the heels slightly. Push the heels up (uprest). Pause 1–2 secs & lower.

5. Ab Crunches

3 x 15–20 reps
60 secs Rest

Lie down, feet on floor, knees at 90° angle. Squeeze abs & raise shoulders off the ground ~6 inches. Hold 1–2 secs and lower.

6. Stretch

10–20 mins

Stretch the full body for at least 10 mins. Stretches include: hamstring stretches, hip openers, side stretches, quad stretches.

Affordable Home Workout Explained For Beginners 17391

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Affordable Home Workout Explained For Beginners 17391 Book Review: Unveiling the Power of Words

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Table of Contents Affordable Home Workout Explained For Beginners 17391

1. Understanding the eBook Affordable Home Workout Explained For Beginners 17391
 - The Rise of Digital Reading Affordable Home Workout Explained For Beginners 17391
 - Advantages of eBooks Over Traditional Books
2. Identifying Affordable Home Workout Explained For Beginners 17391
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Affordable Home Workout Explained For Beginners 17391
 - User-Friendly Interface
4. Exploring eBook Recommendations from Affordable Home Workout Explained For Beginners 17391
 - Personalized Recommendations
 - Affordable Home Workout Explained For Beginners 17391 User Reviews and Ratings

- Affordable Home Workout Explained For Beginners 17391 and Bestseller Lists
- 5. Accessing Affordable Home Workout Explained For Beginners 17391 Free and Paid eBooks
 - Affordable Home Workout Explained For Beginners 17391 Public Domain eBooks
 - Affordable Home Workout Explained For Beginners 17391 eBook Subscription Services
 - Affordable Home Workout Explained For Beginners 17391 Budget-Friendly Options
- 6. Navigating Affordable Home Workout Explained For Beginners 17391 eBook Formats
 - ePub, PDF, MOBI, and More
 - Affordable Home Workout Explained For Beginners 17391 Compatibility with Devices
 - Affordable Home Workout Explained For Beginners 17391 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Affordable Home Workout Explained For Beginners 17391
 - Highlighting and Note-Taking Affordable Home Workout Explained For Beginners 17391
 - Interactive Elements Affordable Home Workout Explained For Beginners 17391
- 8. Staying Engaged with Affordable Home Workout Explained For Beginners 17391
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Affordable Home Workout Explained For Beginners 17391
- 9. Balancing eBooks and Physical Books Affordable Home Workout Explained For Beginners 17391
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Affordable Home Workout Explained For Beginners 17391
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Affordable Home Workout Explained For Beginners 17391
 - Setting Reading Goals Affordable Home Workout Explained For Beginners 17391
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Affordable Home Workout Explained For Beginners 17391
 - Fact-Checking eBook Content of Affordable Home Workout Explained For Beginners 17391
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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