

# QUICK MORNING WORKOUT

no equipment required



**20 jumping jacks**



**20 lunges**



**20 sec plank**



**20 pushups**



**20 mountain climbers**

Do three sets - rest one minute in between each set

[donnatryba.com](http://donnatryba.com)

# Quick Home Workout Usa For Beginners

**A Gutmann**



## **Quick Home Workout Usa For Beginners:**

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