

# FULL BODY WORKOUT AT HOME FOR BEGINNERS

~20 minutes



1) Russian Twist



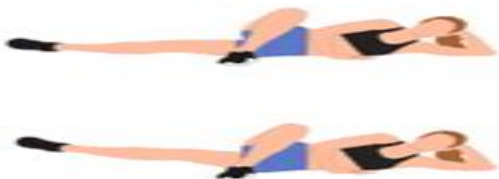
2) Flutter Kicks



3) Sumo Squats



4) Side Leg Raises



5) Inner Thigh Raises



6) Donkey Kicks

2 SHARE MY JOY



7) Glute Bridge



8) Plank

# Top Home Workout For Beginners For Beginners

**S Nieto**



## **Top Home Workout For Beginners For Beginners:**

## Reviewing **Top Home Workout For Beginners For Beginners**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Top Home Workout For Beginners For Beginners**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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