

# FULL BODY WORKOUT AT HOME FOR BEGINNERS

~20 minutes



1) Russian Twist



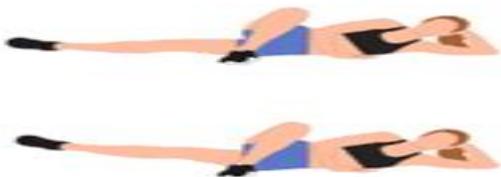
2) Flutter Kicks



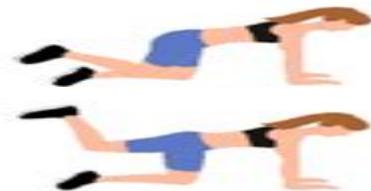
3) Sumo Squats



4) Side Leg Raises

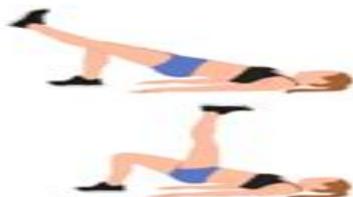


5) Inner Thigh Raises



6) Donkey Kicks

2 SHARE MY JOY



7) Glute Bridge



8) Plank

# Ultimate Home Workout Full Tutorial For Beginners

**Jiyuan Zhang**



## **Ultimate Home Workout Full Tutorial For Beginners:**

## Whispering the Secrets of Language: An Psychological Quest through **Ultimate Home Workout Full Tutorial For Beginners**

In a digitally-driven world where screens reign supreme and quick transmission drowns out the subtleties of language, the profound secrets and psychological nuances concealed within words usually go unheard. Yet, nestled within the pages of **Ultimate Home Workout Full Tutorial For Beginners** a fascinating literary value pulsing with fresh thoughts, lies a fantastic quest waiting to be undertaken. Composed by a skilled wordsmith, this charming opus invites viewers on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the cloth of every word. Within the mental depths of this touching evaluation, we will embark upon a sincere exploration of the book is key styles, dissect their interesting writing design, and yield to the powerful resonance it evokes deep within the recesses of readers hearts.

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