

PRINTABLE WORKOUT

At Home Workout for Beginners



Jumping Jacks / Star Jumps
40 secs



Bodyweight Squat
2 sets / 8 reps



Bodyweight Walking Lunge
2 sets / 8 reps



Crunches
2 sets / 15 reps



Donkey Kicks
2 sets / 8 reps



Modified / Knee Push-up
2 sets



Mountain Climbers /
Alternating Knee-ins
2 sets / 12 reps



Plank
20 secs

Why Home Workout Usa For Beginners

Marcel A. Müller



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