

15 MINUTE BEGINNER WORKOUT

no equipment required



**30 second march in
place**



**20 forward
lunges**



20 squats



**30 second
cat cow stretch**



20 hip bridges



**20 second
air punches**



**20 bicycle
crunches**

Do two sets - rest one minute in between each set

donnatryba.com

Simple Home Workout For Beginners For Creators

Terry C. Jones



Simple Home Workout For Beginners For Creators:

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