



**Squats**



**Push-ups**



**Lunges**



**Side Lunges**



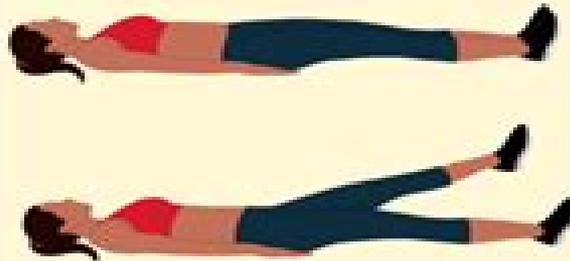
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**Planks**



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# Best Home Workout Step Plan For Workers 9482

**Michael Rajnik**



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