

# FULL BODY HOME WORKOUT PLAN

NO EQUIPMENT NEEDED

## 1. Squats

3 x 15–20 reps  
60 secs Rest

Feet shoulder-width apart. Move with hips first. Lower body down & stop at 90° angle. Hold 1–2 secs. Squeeze glutes to push up.

## 2. Vertical Pulls

3 x 10 reps  
60 secs Rest

Feet either side of door. Hold & lean back till arms fully extended. Pull body up to door. Keep elbows close to body. Engage core. Keep body straight.

## 3. Push Ups

3 x 15–20 reps  
60 secs Rest

From plank position, lower body to floor keeping the body straight. Stop once elbows reach 90° angle. Hold 1–2 secs and push back up to plank.

## 4. Standing Calf Raises

3 x 15–20 reps  
60 secs Rest

Stand on a raised surface, heels off the edge. Drop the heels slightly. Push the heels up (uprest). Pause 1–2 secs & lower.

## 5. Ab Crunches

3 x 15–20 reps  
60 secs Rest

Lie down, feet on floor, knees at 90° angle. Squeeze abs & raise shoulders off the ground ~6 inches. Hold 1–2 secs and lower.

## 6. Stretch

10–20 mins

Stretch the full body for at least 10 mins. Stretches include: hamstring stretches, hip openers, side stretches, quad stretches.

# Pro Home Workout Online For Beginners 25196

**O García**



**Pro Home Workout Online For Beginners 25196:**

Pro Home Workout Online For Beginners 25196: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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