

JAR OF LEMONS

AT-HOME CARDIO WORKOUT

(DO THIS WORKOUT 2-3 TIMES!)



JUMPING JACKS
50 REPS



HIGH KNEES
50 REPS
(ALTERNATING)

MOUNTAIN CLIMBERS 50 REPS



SQUAT JUMPS 20 REPS



SIDE LUNGE JUMPS 30 REPS (ALTERNATING)



TOE TOUCHES 20 REPS (ALTERNATING)



BURPEES 15 REPS



BUTT KICKS 50 REPS



Simple Home Workout 2025

Ishwar Yadav



Simple Home Workout 2025:

Whispering the Secrets of Language: An Psychological Journey through **Simple Home Workout 2025**

In a digitally-driven earth where displays reign supreme and immediate transmission drowns out the subtleties of language, the profound techniques and psychological nuances concealed within words usually get unheard. Yet, set within the pages of **Simple Home Workout 2025** a charming fictional value pulsing with raw thoughts, lies a fantastic quest waiting to be undertaken. Penned by an experienced wordsmith, this enchanting opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the very cloth of every word. Within the mental depths of the poignant review, we shall embark upon a heartfelt exploration of the book is core themes, dissect their interesting publishing model, and yield to the powerful resonance it evokes serious within the recesses of readers hearts.

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