

# PRINTABLE WORKOUT

## At Home Workout for Beginners



Jumping Jacks / Star Jumps  
40 secs



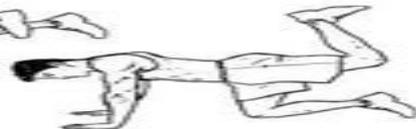
Bodyweight Squat  
2 sets / 8 reps



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

# Affordable Home Workout For Beginners For Creators 6026

**Léo Pomar**



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