



**Fat loss**



30 sec per set



30 sec per set



30 sec per set



**Arm**



15 reps per set



15 reps per set



15 reps per set

# Home Full Body Workout



**Shoulders**



20 reps per set



20 reps per set



20 reps per set



**pectoralis**



20 reps per set



20 reps per set



20 reps per set



**Abs**



20 reps per set



20 reps per set



20 reps per set



**Leg**



15 reps per set



15 reps per set



15 reps per set

# Advanced Home Workout Full Tutorial For Beginners 18427

**E Durkheim**



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whole plan What exercises should you do How many reps of each How often should you rest Are you feeling a cardio workout An upper body workout Or do you want to fit in a total body workout instead For many of us answering all these questions is an added stress we'd rather avoid right now And the good news is that's something you can avoid without skipping your workout We are about to show you an immaculate at home workout program that takes the guesswork out for you and will give you the whole exercise plan

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