



Home Workout for Beginners

No Equipment

Perform all the exercises in circuit.
Rest for up to 1 min between sets.
10-12 reps each x 3 sets **unless noted*



SQUATS

JUMPING JACKS
30 SECS



PUSH-UPS

LUNGES



PLANK
30 SECS

DIPS



Quick Home Workout For Creators For Beginners

Clemens Wendtner



Quick Home Workout For Creators For Beginners:

Ignite the flame of optimism with its motivational masterpiece, Find Positivity in **Quick Home Workout For Creators For Beginners** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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