

10-MINUTE FULL BODY BEGINNER WORKOUT

1



20 Jumping Jacks

2



20 High Knees

3



15 Squats

4



15 Side Leg Raise

5



10 Russian Twist

6



10 Donkey Kicks

7



10 Side Lunges

8



10 Windshield Wipers

9



20 Second Plank

10



20 Marching Glute Bridge

Easy Home Workout For Beginners For Experts

Albert A Gayle



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you can improve your chances of persuading your audience to agree with your point of view by studying the following 4 elements demographics knowledge about the subject emotions and beliefs let s briefly go over

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