



# 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**



**DIPS**

**PLANK**  
30 SECS



# Quick Home Workout Online For Beginners

**TD Snyder**



## **Quick Home Workout Online For Beginners:**

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