

10-MINUTE BEGINNER WORKOUT AT HOME

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1



20 Jumping Jacks

2



20 High Knees

3



15 Squats

4



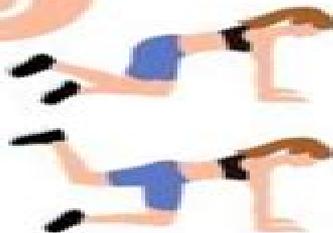
15 Side Leg Raise

5



10 Russian Twist

6



7



8



Beginner Friendly Home Workout For Beginners 1767

Daniel F McAuley



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