

# QUICK BEGINNER WORKOUT



**20 JUMPING JACKS**



**20 HIGH KNEES**



**15 SIDE LEG RAISES**



**20 RUSSIAN TWIST**



**10 SIDE LUNGES**



**20 MARCHING GLUTE BRIDGE**



**15 DONKEY KICKS**



**20 SEC PLANK**



**20 WINDSHIELD WIPERS**

# Quick Home Workout Guide For Workers 11232

**Lingjun Ying**



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