

15 MINUTE BEGINNER WORKOUT

no equipment required



**30 second march in
place**



**20 forward
lunges**



20 squats



**30 second
cat cow stretch**



20 hip bridges



**20 second
air punches**



**20 bicycle
crunches**

Do two sets - rest one minute in between each set

donnatryba.com

Easy Home Workout For Beginners For Workers

CL Gary



Easy Home Workout For Beginners For Workers:

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Easy Home Workout For Beginners For Workers** . 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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