

FULL BODY WORKOUT AT HOME FOR BEGINNERS

~20 minutes



1) Russian Twist



2) Flutter Kicks



3) Sumo Squats



4) Side Leg Raises



5) Inner Thigh Raises



6) Donkey Kicks

2 SHARE MY JOY



7) Glute Bridge



8) Plank

Simple Home Workout Full Tutorial 19908

Sabine Zange

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