

# QUICK MORNING WORKOUT

no equipment required



**20 jumping jacks**



**20 lunges**



**20 sec plank**



**20 pushups**



**20 mountain climbers**

Do three sets - rest one minute in between each set

# Easy Home Workout Step Plan 28446

**Annelies Wilder-Smith**



## Easy Home Workout Step Plan 28446:

**Congressional Record** United States. Congress,1979      Subject Guide to Books in Print ,1991      **Congressional Record** United States. Congress,1979-01-15      Congressional Record Index ,1979 Includes history of bills and resolutions

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