

# 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 Step Plan For Beginners 16001

**Marcel A. Müller**



## **Quick Home Workout Step Plan For Beginners 16001:**

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