

10-MINUTE BEGINNER WORKOUT AT HOME



1 JUMPING JACKS
20 REPS



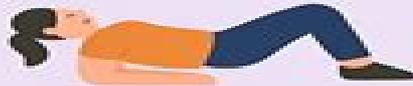
2 SQUATS
15 REPS



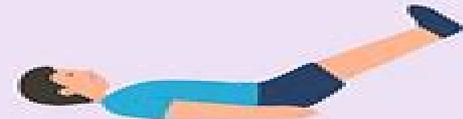
3 PUSH-UPS
10 REPS



4 LUNGES
10 REPS



5 GLUTE BRIDGE
15 REPS



6 LEG RAISES
10 REPS



7 SUPERMAN
15 REPS



8 TRICEP DIPS
10 REPS



9 HIGH KNEES
20 REPS



10 PLANK
30 SEC



Affordable Home Workout Tips For Beginners 1129

Thomas Griffiths



Affordable Home Workout Tips For Beginners 1129:

Reviewing **Affordable Home Workout Tips For Beginners 1129**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Affordable Home Workout Tips For Beginners 1129**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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