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## Home Workout Beginner



Jumping Jacks / Star Jumps  
2 sets / 60 secs



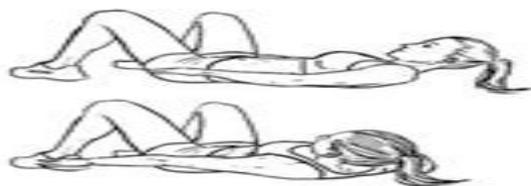
Wall Sit / Squats / Chair  
2 sets / 60 secs



Side Plank  
2 sets / 45 secs



Push-ups / Pushups  
2 sets / 15 reps



Alternate Heel Touchers /  
Lying Oblique Reach  
2 sets / 60 secs



Donkey Kicks  
2 sets / 15 reps

...and 6 more exercises



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**VM Jensen**



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