

# 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

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# Quick Home Workout Explained For Workers

**SB Merriam**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

## **Quick Home Workout Explained For Workers:**

Embark on a transformative journey with is captivating work, **Quick Home Workout Explained For Workers** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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