

# 28 MINUTE WORKOUT

## FULL BODY AT HOME

- Up & down the stairs 5x
- 50 squats
- 20 push-ups
- 1 minute plank
- 40 bicep curls (10 lb weights)
- 60 bicycle crunches
- Up & down the stairs 5x
- 50 lunges
- 20 push-ups
- 1 minute plank
- 40 tricep curls (10 lb weight)
- 60 bicycle crunches
- Up & down the stairs 5x
- 50 sumo squats
- 20 push-ups
- 1 minute plank
- 40 shoulder press (10 lb weights)
- 60 bicycle crunches
- Up & down stairs 5x
- 50 squats
- 20 push-ups
- 1 minute plank
- 60 bicycle crunches
- Stretch

Set your timer  
and do as much  
as you can!

# How To Home Workout Tips

**Patrick Vollmar**



## **How To Home Workout Tips:**

## **How To Home Workout Tips** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**How To Home Workout Tips**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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