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Home Workout Beginner



Jumping Jacks / Star Jumps
2 sets / 60 secs



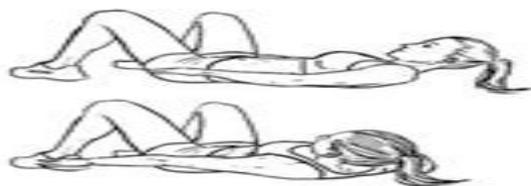
Wall Sit / Squats / Chair
2 sets / 60 secs



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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Simple Home Workout Guide For Experts 10605

Minjie Lin



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Enjoying the Song of Appearance: An Mental Symphony within **Simple Home Workout Guide For Experts 10605**

In a world taken by screens and the ceaseless chatter of fast communication, the melodic beauty and emotional symphony developed by the published term often disappear in to the back ground, eclipsed by the constant sound and interruptions that permeate our lives. However, nestled within the pages of **Simple Home Workout Guide For Experts 10605** an enchanting literary prize full of fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that interesting masterpiece conducts viewers on a psychological trip, skillfully unraveling the concealed tunes and profound affect resonating within each cautiously constructed phrase. Within the depths of this moving review, we will investigate the book is key harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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