

# Workout Plan **FOR BEGINNERS** *Week 1*

## **1. Monday**

15 Minute Walk  
30 Jumping Jacks  
20 Squats  
3 Sets of 10 Push Ups  
20 Butt Kicks

## **2. Tuesday**

20 Minute Walk  
35 Jumping Jacks  
30 Sit-Ups  
30 Second Side Plank  
25 Butt Kicks

## **3. Wednesday**

25 Minute Walk  
40 Jumping Jacks  
25 Squats  
3 Sets of 15 Push-Ups  
30 Butt Kicks

## **4. Thursday**

30 Minute Walk  
45 Jumping Jacks  
35 Sit-Ups  
35 Second Plank  
35 Butt Kicks

## **5. Friday**

35 Minute Walk  
50 Jumping Jacks  
30 Squats  
35 Second Side Plank  
40 Butt Kicks

## **6. Saturday**

40 Minute Walk  
55 Jumping Jacks  
40 Sit-Ups  
3 Sets of 20 Push-Ups  
45 Butt Kicks

## **7. Sunday** *REST*

# How To Home Workout Tips For Beginners

**A Loxley**



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

## Whispering the Strategies of Language: An Emotional Quest through **How To Home Workout Tips For Beginners**

In a digitally-driven earth wherever monitors reign great and quick communication drowns out the subtleties of language, the profound techniques and psychological subtleties hidden within phrases often go unheard. However, nestled within the pages of **How To Home Workout Tips For Beginners** a interesting fictional treasure pulsating with raw feelings, lies an exceptional journey waiting to be undertaken. Penned by a skilled wordsmith, this charming opus attracts visitors on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the very fabric of every word. Within the mental depths with this poignant evaluation, we can embark upon a honest exploration of the book is primary styles, dissect their captivating publishing style, and fail to the effective resonance it evokes serious within the recesses of readers hearts.

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