

FULL BODY WORKOUT AT HOME FOR BEGINNERS

~20 minutes



1) Russian Twist



2) Flutter Kicks



3) Sumo Squats



4) Side Leg Raises



5) Inner Thigh Raises



6) Donkey Kicks

2 SHARE MY JOY



7) Glute Bridge



8) Plank

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M Lipman



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the educational times, and journal of the college of preceptors ,1884 *Scientific American* ,1915 Monthly magazine devoted to topics of general scientific interest *System* ,1922 The Magazine of Business ,1922 DAV ,1976 **Cruising World** ,1991-07 **Indiana Travel Guide** ,2015 National Stockman and Farmer ,1903

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