

A woman with dark hair tied back, wearing a blue sports bra and black leggings, is in a plank position on a black mat. She is looking towards the camera with a slight smile. The background is a plain, light-colored wall.

# HOME WORKOUT WITHOUT EQUIPMENT

# Why Home Workout Full Tutorial 31019 69683

**Dale L Roberts**



## **Why Home Workout Full Tutorial 31019 69683:**

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