

# HOME EXERCISE TIPS FOR BEGINNERS

**1.**

Do not go too far to  
set the target

**2.**

Pay attention to  
nutritional intake

**3.**

Prepare the body  
for exercise

**4.**

Pay attention to  
the initial steps  
and consistency

**YOU CAN DO IT !**

limitless healthcare



# How To Use Home Workout Tips For Students

**LP Steffe**



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