

15 MINUTE BEGINNER WORKOUT

no equipment required



30 second march in
place



20 forward
lunges



20 squats



30 second
cat cow stretch



20 hip bridges



20 second
air punches



20 bicycle
crunches

Do two sets - rest one minute in between each set

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How To Start Home Workout For Beginners For Workers

J Elliott



How To Start Home Workout For Beginners For Workers:

Uncover the mysteries within Explore with is enigmatic creation, **How To Start Home Workout For Beginners For Workers** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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