

# PRINTABLE WORKOUT

## Beginners - Start w/1 set build up to 4 sets



Jumping Jacks / Star Jumps  
50 reps



Bodyweight Squat  
25 reps



Mountain Climbers /  
Alternating Knee-ins  
45 secs



Plank  
45 secs



High Knees / Front Knee  
Lifts  
45 secs



Bodyweight Walking Lunge  
40 reps



Hip Raise / Butt Lift /  
Bridge  
25 reps



Bicycles / Elbow-to-Knee  
Crunches / Cross-body  
Crunch  
45 secs

# How To Start Home Workout Step Plan For Beginners

**Yicheng Fang**



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