

PRINTABLE WORKOUT

At Home Workout for Beginners



Jumping Jacks / Star Jumps
40 secs



Bodyweight Squat
2 sets / 8 reps



Bodyweight Walking Lunge
2 sets / 8 reps



Crunches
2 sets / 15 reps



Donkey Kicks
2 sets / 8 reps



Modified / Knee Push-up
2 sets



Mountain Climbers /
Alternating Knee-ins
2 sets / 12 reps



Plank
20 secs

Best Way To Home Workout Guide For Beginners

Gabriel Mensah

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient circular shape partially overlapping the right side of the bar.

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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Best Way To Home Workout Guide For Beginners** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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