

# QUICK MORNING WORKOUT

no equipment required



**20 jumping jacks**



**20 lunges**



**20 sec plank**



**20 pushups**



**20 mountain climbers**

Do three sets - rest one minute in between each set

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# Quick Home Workout For Small Business For Experts

**Karin Nielsen-Saines**



## **Quick Home Workout For Small Business For Experts:**

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