

# 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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# Quick Home Workout For Beginners

**PT Brinkman**



## **Quick Home Workout For Beginners:**

## Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Quick Home Workout For Beginners**

In a world inundated with displays and the cacophony of quick communication, the profound energy and mental resonance of verbal beauty usually diminish into obscurity, eclipsed by the regular barrage of noise and distractions. Yet, set within the musical pages of **Quick Home Workout For Beginners**, a captivating work of fictional brilliance that pulses with organic thoughts, lies an remarkable trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this mesmerizing opus instructions readers on a mental odyssey, lightly revealing the latent potential and profound affect embedded within the complicated internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is key subjects, dissect its interesting writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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