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Home Workout Beginner



Jumping Jacks / Star Jumps
2 sets / 60 secs



Wall Sit / Squats / Chair
2 sets / 60 secs



Side Plank
2 sets / 45 secs



Push-ups / Pushups
2 sets / 15 reps



Alternate Heel Touchers /
Lying Oblique Reach
2 sets / 60 secs



Donkey Kicks
2 sets / 15 reps

...and 6 more exercises



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