



Home Workout for Beginners

No Equipment

Perform all the exercises in circuit.
Rest for up to 1 min between sets.
10-12 reps each x 3 sets **unless noted*



SQUATS

JUMPING JACKS
30 SECS



PUSH-UPS

LUNGES



DIPS

PLANK
30 SECS



Quick Home Workout Online For Beginners

Nancy Stevenson



Quick Home Workout Online For Beginners:

Easy Home Workouts & Fitness Tips for Women Amit Gupta, In Easy to Do Home Workouts and Fitness Tips for Women readers embark on a transformative journey toward health and fitness designed specifically for women at all fitness levels This comprehensive guide demystifies the process of working out at home offering practical tips and effective strategies to create personalized workout routines without the need for expensive gym memberships or elaborate equipment From understanding the benefits of home workouts to creating a motivating personal workout space this book covers everything you need to get started It includes detailed sections on warm ups stretching full body workouts and targeted exercises for core strength lower body and upper body Readers will discover quick workout plans for busy schedules high intensity interval training HIIT sessions for fat loss and yoga routines to enhance flexibility Additionally the book emphasizes the importance of nutrition hydration and mindset in achieving fitness goals providing sample meal plans and tips for building confidence and overcoming barriers With dedicated workout plans for beginners intermediates and advanced levels this guide empowers women to celebrate their progress embrace their unique fitness journeys and cultivate a sustainable healthy lifestyle Whether you re a fitness novice or looking to elevate your routine this book is your ultimate companion for achieving your wellness goals in the comfort of your own home

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posters panels and workshops The book will be of interest to all those professionals who must navigate the ever changing world of modern healthcare delivery

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