

FULL BODY WORKOUT AT HOME FOR BEGINNERS

~20 minutes



1) Russian Twist



2) Flutter Kicks



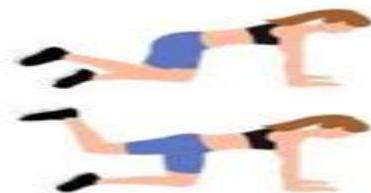
3) Sumo Squats



4) Side Leg Raises



5) Inner Thigh Raises



6) Donkey Kicks

2 SHARE MY JOY



7) Glute Bridge



8) Plank

Simple Home Workout Full Tutorial For Experts

A Loxley



Simple Home Workout Full Tutorial For Experts:

Simple Home Workout Full Tutorial For Experts Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Simple Home Workout Full Tutorial For Experts**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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