

# HOME WORKOUT PLAN

## Beginner Friendly

### DAY 1

Knee Friendly  
Booty



### DAY 2

Full Body Mix



**NEW VIDEO**  
10min Full Body /  
Beginner



### DAY 3

Fun Cardio!



### DAY 4

**REST DAY**, OPTIONAL:



### DAY 5

Abs + Legs



or



### DAY 6

Full Body +  
Stretch



**NEW VIDEO**  
Sitting Too Much  
Stretch

### DAY 7

**REST DAY**

# Step Guide To Home Workout Routine For Creators And Bloggers Step By

**Rosina Ehmman**



## **Step Guide To Home Workout Routine For Creators And Bloggers Step By:**

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