

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

donnatryba.com

Workers Step By Step Guide To Home Workout Routine For Small Business

J Ma



Workers Step By Step Guide To Home Workout Routine For Small Business:

Uncover the mysteries within is enigmatic creation, **Workers Step By Step Guide To Home Workout Routine For Small Business** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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