

Gym Routine

for beginners

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Monday- Legs

10-minute treadmill warm-up
Romanian deadlift 12x4
Barbell back squat 12x4
Dumbbell lunges 12x3
Leg press 12x3
Goblet Squat 12x3
Barbell hip thrust 12x4
Standing calf raises 12x3
Cool down and stretch

Tuesday- Cardio

30-45 minutes of cardio at a moderate pace, keeping the heart rate between 65% -70% of maximum heart rate.
Good cardio options- cycling, elliptical, rowing, treadmill running/brisk walking, spinning.

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Wednesday- Upper body

15-minute elliptical warm-up
Bench press 12x4
Triceps kickback 12x4
Cable bicep curl 12x3
Shoulder press 12x3
Bent over row 12x3
Triceps overhead extension 12x3
Standing dumbbell bicep curl 12x4
Cool down and stretch

Thursday cardio +abs

30 mins rowing machine – alternate 1-minute hard rowing with 2 mins of easy to moderate rowing.
AB WORKOUT
Plank knee crosses 15x4
Captain's chair hanging leg raises 15x4
V- Ups 15x4
Crunches on exercise ball 15x4
Lying leg raises 15x4
Windshield wipers 15x4

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AN Whitehead



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Table of Contents Workout Routine Case Study Examples For Remote Workers Complete Beginner

1. Understanding the eBook Workout Routine Case Study Examples For Remote Workers Complete Beginner
 - The Rise of Digital Reading Workout Routine Case Study Examples For Remote Workers Complete Beginner
 - Advantages of eBooks Over Traditional Books
2. Identifying Workout Routine Case Study Examples For Remote Workers Complete Beginner
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Workout Routine Case Study Examples For Remote Workers Complete Beginner
 - User-Friendly Interface

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4. Exploring eBook Recommendations from Workout Routine Case Study Examples For Remote Workers Complete Beginner
 - Personalized Recommendations
 - Workout Routine Case Study Examples For Remote Workers Complete Beginner User Reviews and Ratings
 - Workout Routine Case Study Examples For Remote Workers Complete Beginner and Bestseller Lists
5. Accessing Workout Routine Case Study Examples For Remote Workers Complete Beginner Free and Paid eBooks
 - Workout Routine Case Study Examples For Remote Workers Complete Beginner Public Domain eBooks
 - Workout Routine Case Study Examples For Remote Workers Complete Beginner eBook Subscription Services
 - Workout Routine Case Study Examples For Remote Workers Complete Beginner Budget-Friendly Options
6. Navigating Workout Routine Case Study Examples For Remote Workers Complete Beginner eBook Formats
 - ePub, PDF, MOBI, and More
 - Workout Routine Case Study Examples For Remote Workers Complete Beginner Compatibility with Devices
 - Workout Routine Case Study Examples For Remote Workers Complete Beginner Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Workout Routine Case Study Examples For Remote Workers Complete Beginner
 - Highlighting and Note-Taking Workout Routine Case Study Examples For Remote Workers Complete Beginner
 - Interactive Elements Workout Routine Case Study Examples For Remote Workers Complete Beginner
8. Staying Engaged with Workout Routine Case Study Examples For Remote Workers Complete Beginner
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Workout Routine Case Study Examples For Remote Workers Complete Beginner
9. Balancing eBooks and Physical Books Workout Routine Case Study Examples For Remote Workers Complete Beginner
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Workout Routine Case Study Examples For Remote Workers Complete Beginner
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions

- Managing Screen Time
- 11. Cultivating a Reading Routine Workout Routine Case Study Examples For Remote Workers Complete Beginner
 - Setting Reading Goals Workout Routine Case Study Examples For Remote Workers Complete Beginner
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Workout Routine Case Study Examples For Remote Workers Complete Beginner
 - Fact-Checking eBook Content of Workout Routine Case Study Examples For Remote Workers Complete Beginner
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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