

# Workout Plan **FOR BEGINNERS** *Week 1*

## **1. Monday**

15 Minute Walk  
30 Jumping Jacks  
20 Squats  
3 Sets of 10 Push Ups  
20 Butt Kicks

## **2. Tuesday**

20 Minute Walk  
35 Jumping Jacks  
30 Sit-Ups  
30 Second Side Plank  
25 Butt Kicks

## **3. Wednesday**

25 Minute Walk  
40 Jumping Jacks  
25 Squats  
3 Sets of 15 Push-Ups  
30 Butt Kicks

## **4. Thursday**

30 Minute Walk  
45 Jumping Jacks  
35 Sit-Ups  
35 Second Plank  
35 Butt Kicks

## **5. Friday**

35 Minute Walk  
50 Jumping Jacks  
30 Squats  
35 Second Side Plank  
40 Butt Kicks

## **6. Saturday**

40 Minute Walk  
55 Jumping Jacks  
40 Sit-Ups  
3 Sets of 20 Push-Ups  
45 Butt Kicks

## **7. Sunday** *REST*

# Routine Cheap Starter Kit Organically Easy Method For Home Workout

**Thirumalaisamy P.  
Velavancorresponding**



**Routine Cheap Starter Kit Organically Easy Method For Home Workout:**

## Adopting the Melody of Phrase: An Psychological Symphony within **Routine Cheap Starter Kit Organically Easy Method For Home Workout**

In a world consumed by monitors and the ceaseless chatter of quick connection, the melodic elegance and emotional symphony produced by the published word often diminish in to the background, eclipsed by the persistent noise and distractions that permeate our lives. But, set within the pages of **Routine Cheap Starter Kit Organically Easy Method For Home Workout** a stunning fictional treasure filled with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that captivating masterpiece conducts readers on a psychological trip, skillfully unraveling the concealed melodies and profound impact resonating within each carefully crafted phrase. Within the depths of the emotional examination, we can investigate the book is key harmonies, analyze their enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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