

# 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 For Creators And Bloggers Easy Method For Home Workout Routine

**L Reisser**



**Routine For Creators And Bloggers Easy Method For Home Workout Routine:**

Reviewing **Routine For Creators And Bloggers Easy Method For Home Workout Routine**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Routine For Creators And Bloggers Easy Method For Home Workout Routine**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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