

# 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

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# Workout Routine That Actually Works How To Start Home Workout Routine

**Bertie Charles Forbes**



## **Workout Routine That Actually Works How To Start Home Workout Routine:**

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