



BEGINNER (AT-HOME)
WORKOUT
ROUTINES

ROUTINE #1:

sets & reps

Day 1: **Upper Body**

Day 2: **Lower Body**

Day 3: **Full Body**

ROUTINE #2:

circuit

Day 1: **Full Body**

Day 2: **Upper + Core**

Day 3: **Full Body**



Ads Complete Beginner Guide To Home Workout Routine Automation Tools

RJ Alexander



Ads Complete Beginner Guide To Home Workout Routine Automation Tools:

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