

45 MIN WORKOUT

AGE 18-25



Exercises

- 10 sit ups
- 25 push ups
- 20 squats
- 15 lunges
- 15 sec plank
- 25 crunches
- 35 jumping jacks

AGE 26-34



Exercises

- 20 sit ups
- 15 push ups
- 10 squats
- 25 lunges
- 30 sec plank
- 25 crunches
- 10 jumping jacks

AGE 34-42



Exercises

- 15 sit ups
- 25 push ups
- 15 squats
- 25 lunges
- 40 sec plank
- 25 crunches
- 50 jumping jacks

AGE 43-49



Exercises

- 10 sit ups
- 5 push ups
- 20 squats
- 15 lunges
- 15 sec plank

Routine In 2026 Without Experience Home Workout Routine Organically

Xiaolong Qi



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