



# Beginner WORKOUT PLAN

FREE WORKOUT PLAN

01 <b>Abs, Butt + Thighs and 8-Min Booty</b> 25 Minutes	02 <b>Dumbbell Arms</b> 30 Minutes	03 <b>Full Body HIIT and 10-Min Cardio</b> 20 Minutes	04 <i>Rest Day: Yoga Flow</i> 10 Minutes	05 <b>7 Best Strength Exercises</b> 30 Minutes	06 <b>Banded Legs and 10-Min Arms and 5-Min Abs</b> 25 Minutes	07 <i>Rest Day: Full Body Stretch</i> 10 Minutes
08 <b>Leg Day Strength</b> 30 Minutes	09 <b>Chest Workout</b> 25 Minutes	10 <b>Full Body Strength and Kickboxing Tabata</b> 25 Minutes	11 <i>Rest Day: Yoga Flow</i> 10 Minutes	12 <b>Full Body Strength</b> 30 Minutes	13 <b>Barre and Shoulder, BI, Tri and 5-Min Abs</b> 30 Minutes	14 <i>Rest Day: Full Body Stretch</i> 10 Minutes
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NOURISH MOVE LOVE

# Actually Works Complete Beginner Guide To Home Workout Routine With Free

**SA Adler**



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web ultimate bearing capacity ultimate load for plate x width of pit b f size of plate b p q u f q u p x b f b p finally safe bearing capacity ultimate bearing capacity factor of safety the factor of safety ranges from 2 to 3 calculation of foundation settlement from plate load test we can also calculate settlement for given

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