2021 / Week 2

# HOME WORKOUT PLAN

Beginner Friendly

## DAY 1
Knee Friendly Booty

## DAY 2
Full Body Mix

**NEW VIDEO**
10min Full Body / Beginner

## DAY 3
Fun Cardio!

## DAY 4
**REST DAY**, OPTIONAL:

## DAY 5
Abs + Legs

or

## DAY 6
Full Body + Stretch

**NEW VIDEO**
Sitting Too Much Stretch

## DAY 7
**REST DAY**

YOUTUBE: PAMELA REIF

# Routine For Creators And Bloggers Step By Step Guide To Home Workout

Marcel A. Müller

**Routine For Creators And Bloggers Step By Step Guide To Home Workout:**

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