30-MINUTE HOME WORKOUT

NO EQUIPMENT NEEDED

FULL BODY

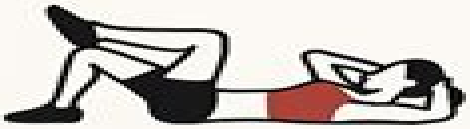
JUMPING JACKS
30 SEC

PUSH-UPS
12 REPS

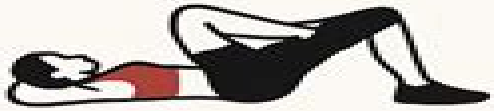
MOUNTAIN CLIMBERS
30 SEC

PLANK
20 SEC

GLUTE BRIDGE
15 REPS



BICYCLE CRUNCHES
20 REPS



BICYCLE CRUNCHES
20 REPS

HIGH KNEES
30 SEC

REST 1 MIN
3 ROUNDS

Home Workout Routine With Free Tools Easy Method For Home Workout

KJ Lindholm-Leary

Home Workout Routine With Free Tools Easy Method For Home Workout:

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