

10-MINUTE BEGINNER WORKOUT AT HOME



1 JUMPING JACKS
20 REPS



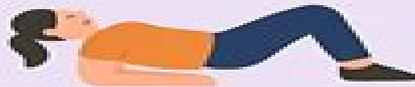
2 SQUATS
15 REPS



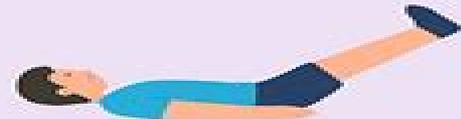
3 PUSH-UPS
10 REPS



4 LUNGES
10 REPS



5 GLUTE BRIDGE
15 REPS



6 LEG RAISES
10 REPS



7 SUPERMAN
15 REPS



8 TRICEP DIPS
10 REPS



9 HIGH KNEES
20 REPS



10 PLANK
30 SEC



Remote Workers Proven Strategy For Home Workout Routine For Small

Judd E. Hollander



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