

# Workout Plan **FOR BEGINNERS** *Week 1*

## **1. Monday**

15 Minute Walk  
30 Jumping Jacks  
20 Squats  
3 Sets of 10 Push Ups  
20 Butt Kicks

## **2. Tuesday**

20 Minute Walk  
35 Jumping Jacks  
30 Sit-Ups  
30 Second Side Plank  
25 Butt Kicks

## **3. Wednesday**

25 Minute Walk  
40 Jumping Jacks  
25 Squats  
3 Sets of 15 Push-Ups  
30 Butt Kicks

## **4. Thursday**

30 Minute Walk  
45 Jumping Jacks  
35 Sit-Ups  
35 Second Plank  
35 Butt Kicks

## **5. Friday**

35 Minute Walk  
50 Jumping Jacks  
30 Squats  
35 Second Side Plank  
40 Butt Kicks

## **6. Saturday**

40 Minute Walk  
55 Jumping Jacks  
40 Sit-Ups  
3 Sets of 20 Push-Ups  
45 Butt Kicks

## **7. Sunday** *REST*

# Beginner Guide To Home Workout Routine Real Income Proof Organically

**J Spring**



## **Beginner Guide To Home Workout Routine Real Income Proof Organically:**

## **Beginner Guide To Home Workout Routine Real Income Proof Organically** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Beginner Guide To Home Workout Routine Real Income Proof Organically**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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