

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*

Routine Cheap Starter Kit Organically Easy Method For Home Workout

Christian Drosten



Routine Cheap Starter Kit Organically Easy Method For Home Workout:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, **Routine Cheap Starter Kit Organically Easy Method For Home Workout** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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