

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

Workout Routine For Remote Workers Step By Step Guide To Home Workout

Zhe Xu



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