

# FULL BODY WORKOUT AT HOME FOR BEGINNERS

~20 minutes



1) Russian Twist



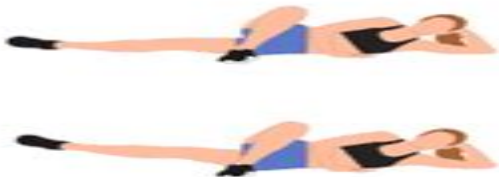
2) Flutter Kicks



3) Sumo Squats



4) Side Leg Raises

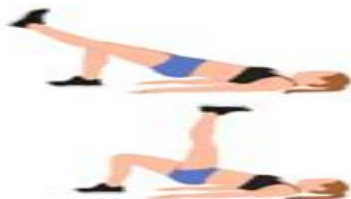


5) Inner Thigh Raises



6) Donkey Kicks

2 SHARE MY JOY



7) Glute Bridge



8) Plank

# Proven Strategy For Home Workout Routine For Beginners In The United

**L Manion**



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**United States Economist, and Dry Goods Reporter**, 1916

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*Variety's Complete Home Video Directory*, 1988

**United States Tobacco Journal**, 1930

*The Video Tape & Disc Guide to Home Entertainment*, 1985

*Video Source Book*, 2008

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Popular Science, 1951

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*Hardware and House Furnishing Goods*, 1919

**Esquire**, 1939

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**Stockman and Farmer** ,1917     Consultants & Consulting Organizations Directory: Descriptive listings and indexes ,2009  
*Forbes* ,1987     The Connoisseur ,1986     **New York Times Saturday Review of Books and Art** ,1970

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