

12 WEEK

NO-GYM

HOME WORKOUT PLAN

BODYHIITWORKOUT.COM

MONDAY

20 Squats
15 sec Plank
25 Crunches
35 Jumping Jacks
15 Lunges
25 sec Wall Sit
10 Sit ups
10 Butt Kicks
5 Push ups

TUESDAY

10 Squats
30 sec Plank
25 Crunches
10 Jumping Jacks
25 Lunges
45 sec Wall Sit
35 Sit ups
20 Butt Kicks
10 Push ups

WEDNESDAY

15 Squats
40 Second Plank
30 Crunches
50 Jumping Jacks
25 Lunges
35 sec Wall Sit
30 Sit ups
25 Butt Kicks
10 Push ups

THURSDAY

35 Squats
30 sec Plank
20 Crunches
25 Jumping Jacks
15 Lunges
60 sec Wall Sit
55 Sit ups
35 Butt Kicks
20 Push ups

FRIDAY

25 Squats
60 sec Plank
30 Crunches
55 Jumping Jacks
60 Lunges
45 sec Wall Sit
40 Sit ups
50 Butt Kicks
30 Push ups

SAT/SUN

REST

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Routine For Remote Workers Easy Method For Home Workout Routine For

Terry C. Jones



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without sacrificing your sanity Here you ll discover stress busting strategies from mindfulness to movement that empower you to reclaim balance and resilience Unlock the secrets to breaking isolation fostering meaningful connections and embracing routines that honor your rhythm Whether you re a remote work veteran or newly navigating this landscape this book equips you with the tools to communicate assertively manage workload expectations and cultivate a sustainable mindset Rich with success stories and actionable plans it s a comprehensive roadmap to thriving not just surviving in the remote work era Take the first step toward transforming your work from home experience Your well being and career longevity depend on it

Success and Failures in Implementing Health-Related Changes Alexander Mario Baldacchino,Jan Czesław Czabała,Irena Jelonkiewicz,Marja Kaunonen,Christophe Matthys,Aneta Pasternak,Magdalena Poraj-Weder,Lidia Zabłocka-Żytka,2022-03-28

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