

# Bennie Goodwin

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## AT-HOME WORKOUT SCHEDULE

Prepared By: **[Your Name]**

This simple workout plan is designed to help you stay fit at home with minimal equipment. Follow the schedule based on your fitness level. Adjust reps, sets, and rest times as needed.

Day	Workout	Duration/Reps
<b>Monday</b>	Full Body Strength	3 rounds, 15 reps each
<b>Tuesday</b>	Cardio & Core	3 rounds, 1 min each
<b>Wednesday</b>	Lower Body Focus	3 rounds, 20 reps each
<b>Thursday</b>	Active Recovery (Yoga)	20-30 mins
<b>Friday</b>	Upper Body Strength	3 rounds, 15 reps each
<b>Saturday</b>	Full Body Circuit	4 rounds, 15 reps each
...	...	...

Track progress by logging workouts and noting gains; stay hydrated before, during, and after exercise; prioritize rest for recovery; and pair workouts with a balanced diet.

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**Karin Nielsen-Saines**



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