

## 45 MIN WORKOUT

### AGE 18-25



#### Exercises

- 10 sit ups
- 25 push ups
- 20 squats
- 15 lunges
- 15 sec plank
- 25 crunches
- 35 jumping jacks

### AGE 26-34



#### Exercises

- 20 sit ups
- 15 push ups
- 10 squats
- 25 lunges
- 30 sec plank
- 25 crunches
- 10 jumping jacks

### AGE 34-42



#### Exercises

- 15 sit ups
- 25 push ups
- 15 squats
- 25 lunges
- 40 sec plank
- 25 crunches
- 50 jumping jacks

### AGE 43-49



#### Exercises

- 10 sit ups
- 5 push ups
- 20 squats
- 15 lunges
- 15 sec plank

# Home Workout Routine Real Income Proof Organically Without Experience

**R Pring**



**Home Workout Routine Real Income Proof Organically Without Experience:**

## **Home Workout Routine Real Income Proof Organically Without Experience** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Home Workout Routine Real Income Proof Organically Without Experience**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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