

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

Hussin A.Rothana



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