

## 5 DAY HOME WORKOUT PLAN SUMMARY

SPLIT TYPE	FULL BODY
EXERCISE TYPE	BODYWEIGHT
EXPECTED PROGRAM DURATION	8-12 WEEKS
TARGET GENDER	MALE AND FEMALE
SUITABLE FOR	BEGINNER TO INTERMEDIATE
PROGRAM GOAL (ROUTINE 1)	INCREASE LEAN MASS AND STRENGTH
PROGRAM GOAL (ROUTINE 2)	FAT LOSS
PLAN TO FOLLOW NEXT	6 DAY WORKOUT ROUTINE AT HOME
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# To Improve Home Workout Routine With Free Tools

## How To Improve Home

**R Barnett**



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*Kansas Farmer* ,1914 **British Columbia United Farmer** ,1914 *Farm Life and Agricultural Epitomist* ,1928 Georgia Education Journal ... ,1927 **Appendix to the Journals of the House of Representatives of New Zealand** New Zealand. Parliament. House of Representatives,1901 **Normal Instructor** ,1915 **Better Fruit** ,1914

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