

# 4 WEEK WORKOUT SCHEDULE FOR BEGINNERS

## MONDAY

15 squats x 3  
15 knee push-ups x 3  
12 triceps dips x 3  
30 step-ups x 3  
16 backward lunges (8  
each leg) x 3  
12 overhead triceps  
extensions x 3

## WEDNESDAY

20 Russian twists x 3  
30-second planks x 3  
20 leg raises x 3  
**CARDIO WORKOUT**  
Walk outside or on the  
treadmill for 40  
minutes, at a brisk pace

## FRIDAY

16 forward lunges (6 each leg)  
x3  
15 dumbbell hammer curls x3  
15 glute bridges x3  
15 bicep curls x3  
15 dumbbell rows x3  
15 stiff leg deadlifts x3

## TUESDAY

16 forward lunges (8  
each leg) x 3  
15 dumbbell hammer  
curls x 3  
15 glute bridges x 3  
15 bicep curls x 3  
15 dumbbell rows x 3  
15 stiff leg deadlifts x 3

## THURSDAY

15 squats x 3  
15 knee push-ups x 3  
12 triceps dips x3  
30 step ups x3  
16 backward lunges (8  
each leg) x3  
12 overhead triceps  
extension x3

## SATURDAY

30-45 minutes minute  
walking (low-intensity  
steady state cardio)

## **SUNDAY**

**Rest**

# Bloggers Proven Strategy For Home Workout Routine That Actually Works

**Karin Nielsen-Saines**



## **Bloggers Proven Strategy For Home Workout Routine That Actually Works:**

The Top Books of the Year Bloggers Proven Strategy For Home Workout Routine That Actually Works The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have captivated audiences this year. Bloggers Proven Strategy For Home Workout Routine That Actually Works : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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