

# 10-MINUTE BEGINNER WORKOUT AT HOME



**1** JUMPING JACKS  
20 REPS



**2** SQUATS  
15 REPS



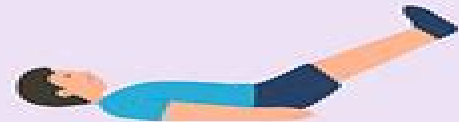
**3** PUSH-UPS  
10 REPS



**4** LUNGES  
10 REPS



**5** GLUTE BRIDGE  
15 REPS



**6** LEG RAISES  
10 REPS



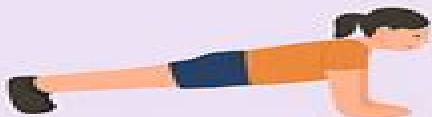
**7** SUPERMAN  
15 REPS



**8** TRICEP DIPS  
10 REPS



**9** HIGH KNEES  
20 REPS



**10** PLANK  
30 SEC



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**Michael Seilmaier**



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