

Bennie Goodwin

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AT-HOME WORKOUT SCHEDULE

Prepared By: **[Your Name]**

This simple workout plan is designed to help you stay fit at home with minimal equipment. Follow the schedule based on your fitness level. Adjust reps, sets, and rest times as needed.

Day	Workout	Duration/Reps
Monday	Full Body Strength	3 rounds, 15 reps each
Tuesday	Cardio & Core	3 rounds, 1 min each
Wednesday	Lower Body Focus	3 rounds, 20 reps each
Thursday	Active Recovery (Yoga)	20-30 mins
Friday	Upper Body Strength	3 rounds, 15 reps each
Saturday	Full Body Circuit	4 rounds, 15 reps each
...

Track progress by logging workouts and noting gains; stay hydrated before, during, and after exercise; prioritize rest for recovery; and pair workouts with a balanced diet.

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