

45 MIN WORKOUT

AGE 18-25



Exercises

- 10 sit ups
- 25 push ups
- 20 squats
- 15 lunges
- 15 sec plank
- 25 crunches
- 35 jumping jacks

AGE 26-34



Exercises

- 20 sit ups
- 15 push ups
- 10 squats
- 25 lunges
- 30 sec plank
- 25 crunches
- 10 jumping jacks

AGE 34-42



Exercises

- 15 sit ups
- 25 push ups
- 15 squats
- 25 lunges
- 40 sec plank
- 25 crunches
- 50 jumping jacks

AGE 43-49



Exercises

- 10 sit ups
- 5 push ups
- 20 squats
- 15 lunges
- 15 sec plank

Routine In 2026 Without Experience Home Workout Routine Organically

Huangqi Zhang



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Home Workout Without Gym Alapati Books,2026-03-28 Home Workout Without Gym is your complete guide to getting fit strong and healthy right from the comfort of your home This book is designed for anyone who wants to stay active without spending money on expensive gym memberships or equipment Whether you are a beginner or someone looking to maintain fitness this guide provides simple effective and practical workout routines that fit into your daily life Inside you will discover step by step exercises that use only your body weight making it easy to start anytime anywhere The book covers full body workouts strength training fat burning routines and flexibility exercises that help improve your overall health Each routine is clearly explained so you can follow along without confusion In addition to workouts this book also shares tips on building a consistent fitness habit staying motivated and maintaining a healthy lifestyle You will learn how to create a daily routine track your progress and achieve your fitness goals without feeling overwhelmed Home Workout Without Gym proves that you don t need fancy equipment or a gym to transform your body With dedication and the right guidance you can achieve great results at home and build a healthier stronger version of yourself

Bodyweight Home Workouts Felix Melchizedek ,2026-03-24 Transform Your Body in 28 Days No Gym Required Tired of complicated fitness plans expensive memberships and routines you can t stick to Bodyweight Home Workouts A 28 Day No Gym Plan to Burn Fat Build Lean Muscle and Transform Your Body gives you a clear practical system to get results using nothing but your own body right from home No equipment No confusion Just a structured plan that works A Complete 28 Day Transformation System This book is built for real people with real schedules Inside you ll follow a step by step program designed to help you Burn fat efficiently with targeted bodyweight workouts Build lean muscle using proven movement techniques Improve strength mobility and endurance Stay consistent with a plan that fits into your daily life Each day is mapped out for you so you never have to wonder what to do next What You ll Get Inside A Fully Structured 28 Day Workout Plan From beginner friendly sessions to more challenging routines everything progresses in a way your body can adapt to No Gym No Equipment Training Train anywhere your home your room or even while traveling Fat Burning Circuits Strength Sessions Balanced workouts designed to help you reshape your body while building real strength Quick 10 Minute Workouts Perfect for busy days when time is limited but consistency matters Travel Small Space Workouts Stay on track wherever you are no excuses Simple Nutrition Recovery Strategies Support your results with practical guidance that fits your lifestyle Designed for Real Results This is not a random collection of exercises It s a structured system built around Progressive improvement Consistency over perfection Sustainable habits that last beyond 28 days Each week builds on the last helping you move from getting started to seeing noticeable progress Who This Book Is For Beginners who want a clear and simple starting point Busy individuals who need effective time efficient workouts Anyone who prefers training at home Those looking to build strength without equipment Readers ready to commit to a structured 28 day transformation Your Next Step Starts Here You don t need perfect conditions

You don't need expensive tools. You just need a plan and the discipline to follow it. This book gives you both. Start your 28-day journey today and take control of your body anytime, anywhere.

30-Day Weight Loss Kickstart: A Beginner's Plan for Fat Loss, Fitness, and Confidence Dr. Steve Pal, 2026-02-04

Are you ready to transform your body, energy, and confidence in just 30 days? *30-Day Weight Loss Kickstart: A Beginner's Plan for Fat Loss, Fitness, and Confidence* is your ultimate roadmap to kickstart a healthier, stronger, and more confident you without overwhelm, confusion, or crash diets. This beginner-friendly guide goes beyond just workouts and meal plans. Inside, you'll discover simple, effective fat loss strategies you can follow at home or the gym. Daily habits and quick workouts designed to fit even the busiest schedule. Mindset techniques to overcome fear, self-doubt, and procrastination. Energy-boosting routines to stay productive and motivated every day. Step-by-step guidance to turn your transformation into opportunities, including side income, content creation, or coaching. With a structured 30-day plan, actionable tips, and a focus on consistency over perfection, this book will help you create real results, build lasting confidence, and open doors to new personal and financial opportunities. Whether you're just starting out or struggling to stay consistent, this book equips you with everything you need to take action, stay accountable, and see measurable results in just one month. Your 30-day kickstart begins now. Take control of your health, your habits, and your future today.

How to Groom a Poodle at Home Caleb Newton, 2026-02-08

Are you tired of spending a fortune on professional groomers every few weeks? Do you worry about your Poodle's anxiety at the salon? Or do you simply want to bond deeper with your dog while keeping them healthy and beautiful? *How to Groom a Poodle at Home* is the ultimate step-by-step guide designed specifically for the unique needs of Standard, Miniature, and Toy Poodles. Written by Caleb Newton, this comprehensive manual takes the fear out of grooming and puts the power of professional styling in your hands. Whether you are a complete beginner holding a pair of clippers for the first time or an experienced owner looking to master the Continental Clip, this book covers it all. From understanding the science of the Poodle coat to executing flawless scissor work, you will learn how to maintain your dog's hygiene, health, and style with confidence. Inside *This Complete Grooming Bible*, you will discover: The Poodle Coat Decoded: Understand the difference between puppy and adult coats and why Poodle hair requires specialized care. Essential Tools on a Budget: Stop wasting money on gadgets you don't need. Learn exactly which brushes, clippers, and blades are essential for a professional finish. Master the Most Popular Cuts: Detailed, easy-to-follow instructions for the Puppy Clip, Teddy Bear Cut, English Saddle, and the iconic Continental Clip. Banishing Mats, Tangles: A pain-free guide to de-matting and preventing knots without hurting your dog. Total Health & Hygiene: Expert advice on ear cleaning, plucking, nail trimming, and dental care to prevent costly vet visits. Puppy to Senior Care: Specialized grooming strategies for handling squirmy puppies and gentle techniques for older or special needs Poodles. Why This Book: Grooming is about more than just a haircut; it's a vital part of your Poodle's healthcare. Neglected coats can lead to painful matting and skin infections. This guide ensures you spot health issues early while saving thousands of dollars in grooming fees over your dog's lifetime. Empower yourself to become your

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