

15 MINUTE BEGINNER WORKOUT

no equipment required



**30 second march in
place**



**20 forward
lunges**



20 squats



**30 second
cat cow stretch**



20 hip bridges



**20 second
air punches**



**20 bicycle
crunches**

Do two sets - rest one minute in between each set

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Bodyweight Home Workouts for Beginners Felix Melchizedek ,2026-03-28 Transform Your Body at Home No Gym No Equipment No Guesswork If you've been searching for a simple effective way to lose weight build strength and stay consistent without stepping into a gym this book gives you a clear path forward Bodyweight Home Workouts for Beginners A Step by Step Fat Loss Plan to Lose Weight Build Strength and Stay Consistent is designed for real people starting from where they are No complicated routines No overwhelming systems Just practical proven methods that fit into your daily life Whether you are completely new to fitness or returning after a long break this guide helps you take control of your body using nothing but your own weight and determination Why This Book Works Many beginners struggle because they start with routines that are too advanced or unrealistic This book removes that barrier by focusing on simplicity progression and consistency You'll learn how to train effectively at home using step by step guidance that makes every movement clear and easy to follow Each exercise is broken down in a way that helps you build confidence while avoiding common mistakes Instead of quick fixes this book provides a structured approach that delivers steady lasting results What You'll Discover Inside A complete beginner friendly system for fat loss and strength building Step by step bodyweight exercises with clear illustrations for proper form Full body workout routines you can follow from day one Core upper body and lower body training made simple and effective Cardio and interval training methods to boost fat loss at home Flexibility and recovery techniques to support long term progress A structured 12 week plan that takes you from beginner to confident Train Smarter Not Harder This book is not about doing more it's about doing what works You'll learn how to combine exercises into efficient routines that save time while delivering results From short 20 minute sessions to longer full body workouts every plan is designed to fit your schedule without sacrificing effectiveness Each chapter builds on the last guiding you step by step so you always know what to do next Build Consistency That Lasts The biggest challenge in fitness is not starting it's staying consistent That's why this book goes beyond workouts You'll discover simple strategies to stay motivated track your progress and build habits that keep you moving forward even on difficult days You'll also learn how to support your training with practical nutrition and lifestyle tips that are easy to follow and sustainable over time Who This Book Is For Beginners who want a clear and simple starting point Anyone looking to lose weight without complicated programs Individuals who prefer training at home with no equipment Busy people who need flexible and time efficient workouts Those who want to build strength confidence and discipline Your Transformation Starts Here You don't need perfect conditions to begin You don't need expensive equipment or endless free time What you need is a plan you can follow and the willingness to take the first step This book gives you both Start where you are Follow the process Stay consistent Your stronger healthier more confident self is built one workout at a time [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

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