Workout Plan
FOR BEGINNERS
Week 1

1. Monday
15 Minute Walk
30 Jumping Jacks
20 Squats
3 Sets of 10 Push Ups
20 Butt Kicks

2. Tuesday
20 Minute Walk
35 Jumping Jacks
30 Sit-Ups
30 Second Side Plank
25 Butt Kicks

3. Wednesday
25 Minute Walk
40 Jumping Jacks
25 Squats
3 Sets of 15 Push-Ups
30 Butt Kicks

4. Thursday
30 Minute Walk
45 Jumping Jacks
35 Sit-Ups
35 Second Plank
35 Butt Kicks

5. Friday
35 Minute Walk
50 Jumping Jacks
30 Squats
35 Second Side Plank
40 Butt Kicks

6. Saturday
40 Minute Walk
55 Jumping Jacks
40 Sit-Ups
3 Sets of 20 Push-Ups
45 Butt Kicks

7. Sunday REST

Routine For Creators And Bloggers Easy Method For Home Workout Routine

Richard Harrington,Mark Weiser

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Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Natureis Adventure: **Routine For Creators And Bloggers Easy Method For Home Workout Routine** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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