

# 12 WEEK NO-GYM HOME WORKOUT PLAN

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## MONDAY

20 Squats  
15 sec Plank  
25 Crunches  
35 Jumping Jacks  
15 Lunges  
25 sec Wall Sit  
10 Sit ups  
10 Butt Kicks  
5 Push ups

## TUESDAY

10 Squats  
30 sec Plank  
25 Crunches  
10 Jumping Jacks  
25 Lunges  
45 sec Wall Sit  
35 Sit ups  
20 Butt Kicks  
10 Push ups

## WEDNESDAY

15 Squats  
40 Second Plank  
30 Crunches  
50 Jumping Jacks  
25 Lunges  
35 sec Wall Sit  
30 Sit ups  
25 Butt Kicks  
10 Push ups

## THURSDAY

35 Squats  
30 sec Plank  
20 Crunches  
25 Jumping Jacks  
15 Lunges  
60 sec Wall Sit  
55 Sit ups  
35 Butt Kicks  
20 Push ups

## FRIDAY

25 Squats  
60 sec Plank  
30 Crunches  
55 Jumping Jacks  
60 Lunges  
45 sec Wall Sit  
40 Sit ups  
50 Butt Kicks  
30 Push ups

## SAT/SUN

REST

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# Strategy For Home Workout Routine Case Study Examples For Stay At Home

**Jicheng Xie**



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report that my item s stolen has have been stolen it is my routine to leave the item at usual location date and time was the  
last time that i

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web step 2 provide a narration the next step requires you to recount the details of how your item was lost or stolen or when  
you last saw it be sure to not miss out on any dates times or other relevant information since the lost incident report can be  
considered a primary source of information be sure to include your personal narrative

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sender s details date date to receiver s details subject stolen item theft incident report respected sir madam

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