

FULL BODY WORKOUT AT HOME FOR BEGINNERS

~20 minutes



1) Russian Twist



2) Flutter Kicks



3) Sumo Squats



4) Side Leg Raises



5) Inner Thigh Raises



6) Donkey Kicks

2 SHARE MY JOY



7) Glute Bridge



8) Plank

Simple Home Workout Online For Experts

Jessica J Manson



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So Easy to Use America Online 7.0 Jennifer Watson, Dave Marx, 2001-11

Visual Basic 4.0 Internet Programming Carl Franklin, 1996-05-24 Showing users what is needed to add Internet capabilities to Windows programs produce Internet utilities and software components or even develop an entire Internet Windows application this book starts with basic Internet technology TCP/IP Windows Sockets and Visual Basic Network Programming tools and moves on to more sophisticated topics

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