

8 week HOME WORKOUT PLAN FOR YOUR BEST BODY!

Day 1

20 Sit Ups
5 Push Ups
20 Squat Jumps
20 Second Plank
20 Mountain
Climbers
1 Min Jump Rope
30 Jumping Jacks
20 Lateral Jumps

Day 2

30 Sit Ups
10 Push Ups
30 Squat Jumps
30 Second Plank
25 Mountain
Climbers
2 Min Jump Rope
40 Jumping Jacks
30 Lateral Jumps

Day 3

40 Sit Ups
15 Push Ups
40 Squat Jumps
40 Second Plank
30 Mountain
Climbers
3 Min Jump Rope
60 Jumping Jacks
40 Lateral Jumps

Day 4

25 Sit Ups
5 Push Ups
25 Squat Jumps
25 Second Plank
25 Mountain
Climbers
1 Min Jump Rope
35 Jumping Jacks
25 Lateral Jumps

Day 5

50 Sit Ups
20 Push Ups
50 Squat Jumps
50 Second Plank
50 Mountain
Climbers
4 Min Jump Rope
65 Jumping Jacks
45 Lateral Jumps

Day 6

60 Sit Ups
30 Push Ups
60 Squat Jumps
60 Second Plank
60 Mountain
Climbers
5 Min Jump Rope
70 Jumping Jacks
50 Lateral Jumps

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Best Home Workout Step Plan For Beginners

JL Elias



Best Home Workout Step Plan For Beginners:

Reviewing **Best Home Workout Step Plan For Beginners**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Best Home Workout Step Plan For Beginners**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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