

# Quarantine

## (Home Workout Circuit)

30s on x 3, 30s off x 3, 1 min rest between sets



**Squats**



**Glute bridges**



**Push-ups**



**Tricep dips**



**Mountain climbers**



**Crunches**



**Lunges**



**Chair Step ups**



**Superman**

# How To Home Workout Ideas For Workers

**Xiang Xie**



## **How To Home Workout Ideas For Workers:**

Delve into the emotional tapestry woven by in **How To Home Workout Ideas For Workers** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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