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Home Workout Beginner



Jumping Jacks / Star Jumps
2 sets / 60 secs



Wall Sit / Squats / Chair
2 sets / 60 secs



Side Plank
2 sets / 45 secs



Push-ups / Pushups
2 sets / 15 reps



Alternate Heel Touchers /
Lying Oblique Reach
2 sets / 60 secs



Donkey Kicks
2 sets / 15 reps

...and 6 more exercises



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Simple Home Workout Guide For Experts 10605

R Pring



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Simple Home Workout Guide For Experts 10605 Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Simple Home Workout Guide For Experts 10605**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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