

# 10-MINUTE BEGINNER WORKOUT AT HOME



**1** JUMPING JACKS  
20 REPS



**2** SQUATS  
15 REPS



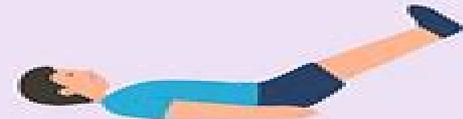
**3** PUSH-UPS  
10 REPS



**4** LUNGES  
10 REPS



**5** GLUTE BRIDGE  
15 REPS



**6** LEG RAISES  
10 REPS



**7** SUPERMAN  
15 REPS



**8** TRICEP DIPS  
10 REPS



**9** HIGH KNEES  
20 REPS



**10** PLANK  
30 SEC



# Quick Home Workout Tips For Beginners 6794

**J Ma**



## **Quick Home Workout Tips For Beginners 6794:**

## **Quick Home Workout Tips For Beginners 6794** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Quick Home Workout Tips For Beginners 6794**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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