



**Fat loss**



30 sec per set



30 sec per set



30 sec per set



**Arm**



15 reps per set



15 reps per set



15 reps per set

# Home Full Body Workout



**Shoulders**



20 reps per set



20 reps per set



20 reps per set



**pectoralis**



20 reps per set



20 reps per set



20 reps per set



**Abs**



20 reps per set



20 reps per set



20 reps per set



**Leg**



15 reps per set



15 reps per set



15 reps per set

# Pro Home Workout Full Tutorial For Workers

**Christian Drosten**



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