

# FULL BODY WORKOUT AT HOME FOR BEGINNERS

~20 minutes



1) Russian Twist



2) Flutter Kicks



3) Sumo Squats



4) Side Leg Raises

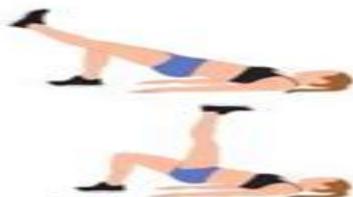


5) Inner Thigh Raises



6) Donkey Kicks

2 SHARE MY JOY



7) Glute Bridge



8) Plank

# Simple Home Workout Full Tutorial For Experts

**Zhe Xu**



## **Simple Home Workout Full Tutorial For Experts:**

## Unveiling the Magic of Words: A Report on "**Simple Home Workout Full Tutorial For Experts**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Simple Home Workout Full Tutorial For Experts**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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