

# 4 Week Workout Plan for Beginners

## Week 2

### Monday

- 15 squats x 3
- 15 knee push-ups x 3
- 12 triceps dips x 3
- 30 step-ups x 3
- 16 backward lunges (8 each leg) x 3
- 12 overhead triceps extensions x 3

### Wednesday

#### ABS

- 20 Russian twists x 3
- 30-second planks x 3
- 20 leg raises x 3

#### CARDIO WORKOUT

Walk outside or on the treadmill for 40 minutes, at a brisk pace

### Friday

- 16 forward lunges ( 6 each leg) x3
- 15 dumbbell hammer curls x3
- 15 glute bridges x3
- 15 bicep curls x3
- 15 dumbbell rows x3
- 15 stiff leg deadlifts x3

### Tuesday

- 16 forward lunges ( 8 each leg) x 3
- 15 dumbbell hammer curls x 3
- 15 glute bridges x 3
- 15 bicep curls x 3
- 15 dumbbell rows x 3
- 15 stiff leg deadlifts x 3

### Thursday

- 15 squats x 3
- 15 knee push-ups x 3
- 12 triceps dips x3
- 30 step ups x3
- 16 backward lunges (8 each leg) x3
- 12 overhead triceps extension x3

### Saturday

30- 45 minutes minute walking (low-intensity steady state cardio)

### Sunday

Rest

# Best Home Workout Step Plan For Beginners 5671

**Jessica J Manson**



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## **Table of Contents Best Home Workout Step Plan For Beginners 5671**

1. Understanding the eBook Best Home Workout Step Plan For Beginners 5671
  - The Rise of Digital Reading Best Home Workout Step Plan For Beginners 5671
  - Advantages of eBooks Over Traditional Books
2. Identifying Best Home Workout Step Plan For Beginners 5671
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Best Home Workout Step Plan For Beginners 5671
  - User-Friendly Interface
4. Exploring eBook Recommendations from Best Home Workout Step Plan For Beginners 5671
  - Personalized Recommendations
  - Best Home Workout Step Plan For Beginners 5671 User Reviews and Ratings
  - Best Home Workout Step Plan For Beginners 5671 and Bestseller Lists
5. Accessing Best Home Workout Step Plan For Beginners 5671 Free and Paid eBooks
  - Best Home Workout Step Plan For Beginners 5671 Public Domain eBooks
  - Best Home Workout Step Plan For Beginners 5671 eBook Subscription Services
  - Best Home Workout Step Plan For Beginners 5671 Budget-Friendly Options
6. Navigating Best Home Workout Step Plan For Beginners 5671 eBook Formats

- ePub, PDF, MOBI, and More
  - Best Home Workout Step Plan For Beginners 5671 Compatibility with Devices
  - Best Home Workout Step Plan For Beginners 5671 Enhanced eBook Features
7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Best Home Workout Step Plan For Beginners 5671
    - Highlighting and Note-Taking Best Home Workout Step Plan For Beginners 5671
    - Interactive Elements Best Home Workout Step Plan For Beginners 5671
  8. Staying Engaged with Best Home Workout Step Plan For Beginners 5671
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Best Home Workout Step Plan For Beginners 5671
  9. Balancing eBooks and Physical Books Best Home Workout Step Plan For Beginners 5671
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Best Home Workout Step Plan For Beginners 5671
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Best Home Workout Step Plan For Beginners 5671
    - Setting Reading Goals Best Home Workout Step Plan For Beginners 5671
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Best Home Workout Step Plan For Beginners 5671
    - Fact-Checking eBook Content of Best Home Workout Step Plan For Beginners 5671
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development
    - Exploring Educational eBooks
  14. Embracing eBook Trends
    - Integration of Multimedia Elements
    - Interactive and Gamified eBooks

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