

# 15 MINUTE BEGINNER WORKOUT

no equipment required



30 second march in  
place



20 forward  
lunges



20 squats



30 second  
cat cow stretch



20 hip bridges



20 second  
air punches



20 bicycle  
crunches

Do two sets - rest one minute in between each set

## Weight Loss season

# For Beginners Weight Loss

**Siddappa N.Byrareddy**



**For Beginners Weight Loss:**

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Tender Moments: **For Beginners Weight Loss** . This emotionally charged ebook, available for download in a PDF format ( PDF Size: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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