

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

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For Beginners Weight Loss:

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, Witness the Wonders in **For Beginners Weight Loss** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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