

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

Shu Chen Hou



For Beginners Weight Loss:

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Bulletin Pennsylvania State University. Agricultural Experiment Station,1922

Annual Report New York (State). Dept. of Agriculture and Markets,New York (State). Dept. of Farms and Markets,1929

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