

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

Sherri Neal



For Beginners Weight Loss:

Eventually, you will agreed discover a extra experience and expertise by spending more cash. still when? accomplish you allow that you require to get those every needs following having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to comprehend even more not far off from the globe, experience, some places, later history, amusement, and a lot more?

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