

# 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

**Xiaolong Qi**



**For Beginners Weight Loss:**

Ignite the flame of optimism with is motivational masterpiece, **For Beginners Weight Loss** . In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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