

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

Jessica J Manson



For Beginners Weight Loss:

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, **For Beginners Weight Loss** . In a downloadable PDF format (*), 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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