

12 WEEK

NO-GYM

HOME WORKOUT PLAN

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MONDAY

20 Squats
15 sec Plank
25 Crunches
35 Jumping Jacks
15 Lunges
25 sec Wall Sit
10 Sit ups
10 Butt Kicks
5 Push ups

TUESDAY

10 Squats
30 sec Plank
25 Crunches
10 Jumping Jacks
25 Lunges
45 sec Wall Sit
35 Sit ups
20 Butt Kicks
10 Push ups

WEDNESDAY

15 Squats
40 Second Plank
30 Crunches
50 Jumping Jacks
25 Lunges
35 sec Wall Sit
30 Sit ups
25 Butt Kicks
10 Push ups

THURSDAY

35 Squats
30 sec Plank
20 Crunches
25 Jumping Jacks
15 Lunges
60 sec Wall Sit
55 Sit ups
35 Butt Kicks
20 Push ups

FRIDAY

25 Squats
60 sec Plank
30 Crunches
55 Jumping Jacks
60 Lunges
45 sec Wall Sit
40 Sit ups
50 Butt Kicks
30 Push ups

SAT/SUN

REST

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Jin-Ying Zhang



Home Workout Routine Case Study Examples With Free Tools Without:

Decoding **Home Workout Routine Case Study Examples With Free Tools Without**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Home Workout Routine Case Study Examples With Free Tools Without**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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