

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

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10 Easy Workout Routines

Bob Weinstein

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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