

EASY 9-MINUTE WORKOUT FOR BEGINNERS (REPEAT 3X)

**30-SECOND
JUMPING JACKS**



**30-SECOND
BUTT KICKS**



30-SECOND PLANKS



30-SECOND CRUNCH



30-SECOND LUNGES



30-SECOND SQUATS



SOBER ALLEY

Training Ohne Ger Te Workout Zuhause Ebook

Dennis Eisner

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

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