

# 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

**Marcel A. Müller**



**For Beginners Weight Loss:**

Fuel your quest for knowledge with Authored by is thought-provoking masterpiece, Explore **For Beginners Weight Loss** . This educational ebook, conveniently sized in PDF ( PDF Size: \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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