

DO THESE 10 WORKOUTS EVERY DAY

To Get Flat Abs, Smaller Leg & Arms

ROUND 1

1



HIGH PLANK

3 Sessions

30 Sec each

15 Sec rest

2



BACK PLANK

3 Sessions

30 Sec each

15 Sec rest

3



SIDE PLANK

3 Sessions

30 Sec each

15 Sec rest

4



BACK DIP

3 Sessions

10x Each

15 Sec rest

5



SQUAT

3 Sessions

25x Each

15 Sec rest

ROUND 2

6



SIT UP

3 Sessions

30x Each

45 Sec rest

7



DONKEY KICK

4 Sessions
2 left, 2 right

30x Each

45 Sec rest

8



SUMO LEG STRETCH

1 Session

30x Stretch

45 Sec rest

9



SUMO SQUAT

1 Session

20x Squats

45 Sec rest

10



RUSSIAN TWIST

2 Sessions

25 Sec each

15 Sec rest

Free At Home Fitness

Marcel A. Müller



Free At Home Fitness:

Enjoying the Melody of Appearance: An Mental Symphony within **Free At Home Fitness**

In a world eaten by displays and the ceaseless chatter of quick communication, the melodic beauty and psychological symphony produced by the written term usually fade in to the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. But, set within the pages of **Free At Home Fitness** a marvelous literary value brimming with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that captivating masterpiece conducts visitors on a mental journey, skillfully unraveling the hidden tunes and profound impact resonating within each carefully crafted phrase. Within the depths of this emotional assessment, we shall examine the book is central harmonies, analyze its enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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