

# 30 Minute Home Workout

FULL BODY WORKOUT			
EXERCISE	REPS	SETS	REST (Seconds)
1. Jog/Walk for 5-7 minutes			None
2. Chest Press w/Ball	15	2	None
3. Squat w/dumbbell and ball	15	2	None
4. Dumbbell Lunges	15	2	None
5. Dumbbell Lat Rows	15	2	None
6. Chest Flyes w/Ball	15	2	None
7. Dumbbell Curls	15	2	None
8. Dumbbell Overhead Extensions	15	2	None
9. Jog/Walk 5 minutes			

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