

WORKOUT FOR BEGINNERS

100 Days

Bigger
Stronger
Faster

10 x 10 = 100

10 Sit Ups

10 Lunges

10 Arm Circles

10 Squats

10 Plank

10 Jumping Jacks

10 Leg Lifts

10 Run in Place

10 1 Foot Hops

10 Push Ups