

# 45 MIN WORKOUT

## AGE 18-25



### Exercises

10 sit ups  
25 push ups  
20 squats  
15 lunges  
15 sec plank  
25 crunches  
35 jumping jacks

## AGE 26-34



### Exercises

20 sit ups  
15 push ups  
10 squats  
25 lunges  
30 sec plank  
25 crunches  
10 jumping jacks

## AGE 34-42



### Exercises

15 sit ups  
25 push ups  
15 squats  
25 lunges  
40 sec plank  
25 crunches  
50 jumping jacks

## AGE 43-49



### Exercises

10 sit ups  
5 push ups  
20 squats  
15 lunges  
15 sec plank  
25 crunches  
35 jumping jacks

## AGE 50+



### Exercises

15 sit ups  
15 push ups  
10 squats  
10 lunges  
10 sec plank  
15 crunches  
15 jumping jacks

# Men Fitness Home Workout Guide

**Isabella Hart**

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

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