

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

Minjie Lin

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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