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+



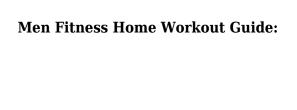


Exercises

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



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