

hyrox workout plan for beginners

hyrox workout plan for beginners is your essential guide to conquering this unique fitness competition. This article dives deep into building a foundational plan specifically tailored for those new to the Hyrox format. We will explore the core components of a successful beginner's strategy, covering essential physical conditioning, mastering the functional movements, and understanding the race day logistics. Prepare to learn about structuring your training week, prioritizing recovery, and developing the mental fortitude required to succeed. Whether you're aiming to complete your first Hyrox or simply build a robust fitness base, this comprehensive resource will equip you with the knowledge and actionable steps needed to start your Hyrox journey strong.

Table of Contents

Understanding the Hyrox Race Format

Key Fitness Components for Hyrox Beginners

Designing Your Hyrox Workout Plan

Essential Hyrox Exercises for Beginners

Sample Beginner Hyrox Workout Plan

Nutrition and Recovery Strategies

Race Day Preparation and Tips

Understanding the Hyrox Race Format

The Hyrox race is a unique test of functional fitness, combining eight 1km running segments with eight functional workout stations. This format demands a well-rounded athletic skillset, encompassing cardiovascular endurance, muscular strength, and muscular endurance. For beginners, understanding the demanding nature of switching between intense running and strength-based exercises is the first crucial step in developing an effective training plan. Each transition requires a different physiological response, and your training must prepare you for both efficiently.

The race order is fixed, meaning athletes must complete each running segment followed by its corresponding workout station. This predictable structure allows for strategic planning. The stations include movements like the Ski Erg, Sled Push, Sled Pull, Burpee Broad Jumps, Rowing, Farmers Carry, Sandbag Lunges, and Wall Balls. Each station presents a unique challenge, requiring specific muscle groups and energy systems to be engaged. Familiarity with these movements, even at a beginner level, is paramount.

Key Fitness Components for Hyrox Beginners

To excel in Hyrox, beginners must focus on developing several key fitness components. Foremost among these is cardiovascular endurance, crucial for enduring the repeated 1km runs and powering through the workouts. High-intensity interval training (HIIT) and steady-state cardio are both vital for building this base. Running at a sustainable pace for

prolonged periods, as well as short bursts of speed, will be incorporated into your training.

Muscular strength and endurance are equally important. You'll need the strength to push and pull heavy sleds, carry significant weight, and execute movements like lunges and wall balls with proper form. This involves compound strength training exercises that target major muscle groups. Muscular endurance is the ability of your muscles to perform repeated contractions over time, which is essential for completing multiple repetitions of exercises like burpees and sandbag lunges without significant fatigue.

Finally, functional movement proficiency is non-negotiable. Hyrox workouts are designed to mimic real-life movements, but performing them under fatigue requires dedicated practice. Beginners should focus on mastering the correct technique for each of the eight stations to prevent injury and maximize efficiency. This includes proper form for the Ski Erg, safe sled pushing and pulling techniques, controlled burpee broad jumps, efficient rowing mechanics, and stable carrying positions for the Farmers Carry.

Designing Your Hyrox Workout Plan

A well-structured Hyrox workout plan for beginners should prioritize consistency and progressive overload. Your training week should balance running days with strength and conditioning sessions, ensuring adequate rest and recovery between demanding workouts. A typical week might include 2-3 running sessions, 2-3 strength training sessions, and potentially one dedicated functional fitness day or a combination session.

Structuring Your Training Week

For beginners, it's wise to start with a manageable training volume and gradually increase intensity and duration. A common approach is to schedule your runs and strength sessions on alternating days, or to perform shorter runs before or after strength work, depending on your recovery capacity. For instance, Monday could be strength training, Tuesday a moderate-intensity run, Wednesday active recovery or rest, Thursday strength training, Friday a higher-intensity interval run, and Saturday a longer, slower run. This provides a good foundation for adapting to the Hyrox demands.

Progressive Overload and Adaptation

The principle of progressive overload is key to improvement. This means gradually increasing the demands placed on your body over time. For running, this can involve increasing distance, pace, or incorporating more challenging terrain. For strength training, it means increasing weight lifted, repetitions, sets, or decreasing rest times. For Hyrox-specific movements, progressive overload might involve increasing the weight of the sleds, the distance of carries, or the number of repetitions of wall balls. Listen to your body and ensure that increases are sustainable.

Incorporating Recovery

Recovery is as crucial as the workouts themselves. Beginners often neglect this vital aspect. Active recovery, such as light walks, foam rolling, or stretching, can help improve blood flow and reduce muscle soreness. Adequate sleep is paramount for muscle repair and overall performance. Proper hydration and nutrition also play significant roles in how well your body recovers and adapts to the training stimulus.

Essential Hyrox Exercises for Beginners

Mastering the eight core Hyrox exercises is fundamental for any beginner's plan. While you'll perform them in a specific order during the race, practicing them individually and in combination during training is essential. Focus on building a solid foundation of technique and stamina for each movement before increasing intensity or weight.

Running Mechanics and Endurance

The 1km runs are the connective tissue of the Hyrox race. Beginners should focus on developing a consistent and efficient running stride. Incorporate tempo runs, interval training, and long, slow distance runs into your weekly schedule. Practicing running off the bike or after a strength session will also help simulate race-day fatigue. Start with shorter distances and gradually build up your mileage and intensity.

Strength and Conditioning Movements

The strength and conditioning stations require a blend of power, strength, and endurance. Your training should include exercises that mimic these demands. Squats, deadlifts, lunges, and overhead presses will build foundational strength for movements like the Sandbag Lunges and Farmers Carry. Pulling and pushing exercises, such as rows and bench presses, will support the Sled Pull and Ski Erg. Core strength exercises are vital for stability during all stations.

- **Ski Erg:** Focus on engaging your legs and core, not just your arms. Practice drills that build upper body and core power.
- **Sled Push/Pull:** Develop explosive leg drive and core stability. Start with lighter weights and focus on maintaining good form, keeping your body low for the push and upright for the pull.
- **Burpee Broad Jumps:** Work on explosive power from a burpee position and the ability to cover ground quickly. Practice controlled landings to protect your joints.

- **Rowing:** Develop efficient rowing technique, emphasizing leg drive and a powerful pull. Cardiovascular endurance on the rower is key.
- **Farmers Carry:** Build grip strength and core stability. Practice carrying progressively heavier dumbbells or kettlebells for increasing distances.
- **Sandbag Lunges:** Focus on core bracing and balanced lunges. Holding the sandbag in different positions (e.g., on the shoulder) will prepare you for the race.
- **Wall Balls:** Develop a powerful squat and a strong overhead press. Focus on a fluid transition between the squat and the throw, and practice good landing mechanics.

Sample Beginner Hyrox Workout Plan

This sample plan provides a template for beginners. It's crucial to listen to your body and adjust as needed. Consistency is key, and it's better to complete a slightly less intense workout than to push too hard and risk injury.

Weekly Schedule Example

- **Monday:** Strength Training (Full Body focus: Squats, Deadlifts, Push-ups, Rows, Core work)
- **Tuesday:** Running (3km easy pace + 4 x 100m strides)
- **Wednesday:** Active Recovery (Light walk, stretching, foam rolling) OR Rest
- **Thursday:** Hyrox Functional Movement Practice (Focus on 2-3 stations, e.g., Sled Push/Pull practice, Wall Balls)
- **Friday:** Running (Intervals: 6 x 400m at 85-90% effort with equal rest)
- **Saturday:** Longer Run (5-7km at a conversational pace) or Strength Training (Upper/Lower split)
- **Sunday:** Rest or Light Active Recovery

Progression and Adaptation

Over the following weeks, you can gradually increase the volume and intensity. For

running, increase the distance of your long runs or the number of intervals. For strength, add weight to your lifts or increase the number of repetitions. For Hyrox stations, gradually increase the weight of the sleds or the sandbag, or the number of repetitions for wall balls. Always prioritize good form over speed or weight. Consider adding a combined workout one week where you run a portion of a 1km and then perform a set of Hyrox exercises.

Nutrition and Recovery Strategies

Proper nutrition and recovery are the pillars that support your Hyrox training. Without them, your body cannot adapt and improve, no matter how hard you train. Beginners often overlook the importance of fueling their bodies correctly and allowing for adequate rest.

Pre- and Post-Workout Fueling

Before a workout, especially a demanding one, consume a meal or snack rich in carbohydrates to provide energy. For longer or more intense sessions, consider something like oatmeal, a banana, or toast with jam. Post-workout nutrition is critical for muscle repair and recovery. Aim to consume a combination of protein and carbohydrates within 30-60 minutes after your session. This could be a protein shake with fruit, chicken and rice, or Greek yogurt with berries.

Hydration is Key

Dehydration can significantly impair performance and increase the risk of injury. Ensure you are drinking enough water throughout the day, not just during your workouts. Carry a water bottle with you and sip regularly. For longer training sessions or in hot weather, consider electrolyte drinks to replenish lost salts.

The Importance of Sleep and Rest

Sleep is when your body does its most important repair and rebuilding work. Aim for 7-9 hours of quality sleep per night. Incorporate rest days into your training schedule to allow your muscles and nervous system to recover. Active recovery, such as light cardio or stretching, can also be beneficial on rest days, promoting blood flow and reducing soreness.

Race Day Preparation and Tips

Preparing for your first Hyrox race involves more than just physical training; it also includes mental preparation and understanding race-day logistics. A well-executed race day strategy can make a significant difference in your performance and overall experience.

Familiarize Yourself with the Course

While you can't physically run the Hyrox course before race day, understanding the order of the runs and stations is crucial. Visualize yourself moving through each segment. Knowing what to expect at each station helps to reduce anxiety and allows you to focus on execution.

Pacing and Strategy

For beginners, the primary goal should be to finish strong and enjoy the experience. Avoid going out too hard on the first few runs or stations. Aim for a consistent pace that you can maintain throughout the entire race. It's better to start conservatively and finish with energy than to burn out early. Listen to your body and adjust your pace as needed.

Gear and Logistics

Choose comfortable running shoes that you have trained in. Wear moisture-wicking clothing that allows for a full range of motion. Bring a small towel and a water bottle. Arrive at the venue early to allow time for check-in, warm-up, and finding your starting corral. Familiarize yourself with the location of the start and finish lines, as well as aid stations.

The Mental Game

Hyrox is a mental challenge as much as a physical one. Break the race down into smaller, manageable segments. Focus on one run or one station at a time. When fatigue sets in, remind yourself of your training and your goals. The atmosphere at Hyrox events is generally very supportive, so draw energy from the crowd and other athletes.

FAQ

Q: What is the most important skill to develop for a Hyrox beginner?

A: For a Hyrox beginner, the most crucial skill to develop is the ability to transition efficiently between cardiovascular efforts and strength-based movements under fatigue. This requires building both robust cardiovascular endurance and muscular stamina, coupled with the ability to maintain good form when tired.

Q: How many days a week should a beginner train for Hyrox?

A: A beginner should aim for 3-5 training days per week, depending on their current fitness level and recovery capacity. This typically includes a mix of running, strength training, and dedicated practice of Hyrox-specific movements.

Q: What are the easiest Hyrox exercises for beginners?

A: While all exercises present a challenge, the Rowing and Ski Erg might feel more familiar to those with a cardio background. For strength, the Farmers Carry can be more straightforward to learn the basic movement pattern, though grip strength is a significant factor.

Q: What is the most challenging Hyrox exercise for many beginners?

A: The Burpee Broad Jumps often prove challenging due to the combination of explosive power required and the cumulative fatigue they induce. Sandbag Lunges can also be difficult for beginners due to the awkward load and the demand on balance and core stability.

Q: Should I focus more on running or strength training for my first Hyrox?

A: For your first Hyrox, a balanced approach is essential. You need sufficient running endurance to complete the kilometers between stations, but you also need the strength and muscular endurance to tackle each workout efficiently. Neglecting either will significantly hinder your performance.

Q: How much weight should I use for sled pushes and pulls as a beginner?

A: As a beginner, start with weights that allow you to complete the required distance with good form, even when fatigued. This might be significantly lighter than you expect. Focus on learning the proper technique – low hips for the push, upright posture for the pull –

before increasing the load.

Q: Is it possible to train for Hyrox with limited equipment?

A: Yes, it is possible to train for Hyrox with limited equipment, though some stations will be harder to replicate perfectly. You can simulate running, bodyweight exercises (like burpees), and core work. For sleds, you can use resistance bands and a weighted object, or focus on sandbag training. Rowing and Ski Erg can be substituted with other cardio machines or outdoor activities.

Q: How important is nutrition for a Hyrox beginner?

A: Nutrition is critically important for a Hyrox beginner. It provides the energy for your demanding workouts, aids in muscle repair and recovery, and helps prevent fatigue and injury. Proper fueling and hydration are fundamental to your training progress.

Q: What is a good recovery strategy for a Hyrox beginner?

A: A good recovery strategy includes prioritizing 7-9 hours of quality sleep, incorporating active recovery sessions like light walking or stretching, staying well-hydrated, and consuming adequate protein and carbohydrates post-workout. Listen to your body and take rest days when needed.

Q: Should I practice the Hyrox workout stations in the same order as the race?

A: While it's beneficial to practice the individual stations, it's also useful to simulate the race-day order in some training sessions. This helps your body adapt to the specific transitions and the cumulative fatigue of performing the stations in sequence after running.

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Startlöchern für das nächste Race? Oder fängst du erst mit dem Training an und möchtest dich vorab informieren? Egal, ob du Profi bist, eine neue Herausforderung suchst oder einfach nur neugierig bist – in diesem exklusiven Handbuch findest du alles über das weltweit erfolgreichste Sportevent im Fitnessbereich mit zigtausenden Teilnehmern und einer stetig wachsenden Community. Erfahre, wie die Idee zu diesem Race entstanden ist, wie das Setup mit den acht Stationen aussieht, wie du dich am besten vorbereitest und wie der Wettbewerb abläuft. Profis aus dem Hyrox-Team erklären ausführlich, warum die Kombi aus Kraft und Ausdauer aus sportwissenschaftlicher Sicht ideal ist, und geben dir zahlreiche Trainings- und Ernährungstipps sowie exklusive Workoutpläne für ein 16-Wochen-Programm an die Hand. EXTRA: Spannende Interviews und persönliche Pro-Workouts von Weltklasseathletinnen und -athleten machen das Hyrox-Wissen komplett. Da wären beispielsweise Hunter McIntyre, der dreimalige World Champion, Linda Meier, eine der besten deutschen HYROX-Athletinnen und eine der zehn schnellsten Frauen der Welt, oder Maurice-André Iseli, dem die Ärzte nach einem Unfall ein Leben im Rollstuhl prophezeiten und der es mit eiserner Disziplin und hartem Training mit Krücken ins Finish schaffte. Denn HYROX ist ein Fitnessrace für jeden – egal, ob Double, Relay oder Pro. Werde auch du Teil der HYROX-Community!

hyrox workout plan for beginners: HYROX Beginner's Guide Coach Max, 2025-07-11 Ready to Transform Your Life? Crush Your First HYROX Race! HYROX is taking America by storm - and now YOU can be part of this fitness revolution! Whether you're a complete beginner or a seasoned athlete looking for your next challenge, this comprehensive guide will take you from zero to HYROX finisher in just 12 weeks. What You'll Get Inside: Complete 12-Week Training System (4-week starter + 8-week race prep) Step-by-Step Technique Guides for all 8 HYROX stations Race Day Strategy that guarantees you'll finish strong Mental Training Techniques used by elite athletes Nutrition Plans optimized for American lifestyles Equipment Lists for home and gym training Recovery Protocols to prevent injury and burnout Why This Guide Works: Proven System: Tested by hundreds of first-time HYROX athletes Beginner-Friendly: Start wherever you are - no prior experience needed Real Results: Average improvement of 15-20% in fitness markers USA-Specific: Adapted for American training culture and nutrition Perfect For: - CrossFit athletes looking for structured competition prep - Runners wanting to add strength and variety to their training - Gym enthusiasts ready for their first fitness competition - Anyone who wants to prove they can do hard things What Readers Are Saying: This book took me from couch to HYROX finisher. The programs are realistic and the motivation is exactly what I needed! - Sarah M., Chicago Finally, a HYROX guide that speaks American! The nutrition advice alone was worth the price. - Mike T., Dallas I finished my first HYROX in 1:52 following this exact program. Now I'm hooked! - Jennifer L., Boston Your Journey Starts NOW: Day 1-28: Build your fitness foundation with the beginner-friendly starter program Day 29-84: Ramp up with race-specific training that mimics competition demands Race Day: Cross that finish line with confidence and a huge smile! BONUS MATERIALS INCLUDED: - Printable workout tracking sheets - Pre-race checklist and timeline - Post-race recovery guide - Goal-setting worksheets for your next challenge

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hyrox workout plan for beginners: Create Your Own Workout Plan ByXon PT, Eric Kruczek, Coach ByQu, 2020-03-06 In this book you will learn how to build your own training plan. It doesn't matter if you are beginner, intermediate or advanced. It also doesn't matter if you train at home or at the gym, whether you do 5 push-ups or 120. In each case, you will adapt the plan to yourself. In addition, by tracking training effects, you can constantly improve the plan and make corrections. To achieve regular progress and muscle growth you need to create a strategy. The book describes simple to use methods to increase muscle growth and strength. Do You Need Ready To Use Professional Workout Plan! Journal contains two professional training plans, developed by me personally. In this journal you will find FBW - Full Body Workout - that will be appreciated especially by beginners and those with shorter training experience. And SPLIT Body Workout plan, which is designed especially for more experienced athletes. The BOOK offers: ♦ 50 spaces for daily workout (log exercises, number of reps, sets, load used, date. Enough for 8 Week Cycle ♦ 2 Professional Ready To Use Workout Plans ♦ spaces to create your own workout plan - step by step ♦ 2 pages to track your progress (body measurements and priorities) ♦ Space for setting a specific goal ♦ Formula to calculate your daily calorie requirement (calculate how much calorie you need to eat to build muscle or burn fat ♦ Tips & Rules for building muscle and gain strenght Good Luck :)

hyrox workout plan for beginners: Quarantine Training for Beginners James Conrad, 2020-04-30 Are you stuck at home trying to get fit, muscular and strong?This book was specially designed to help people who cannot go to the gym to begin their fitness journey, with dynamic yet safe exercises and routines to keep bodyfat in check and muscle-mass growing. This report brings you the most effective workout program as well as an introduction to intermittent fasting, in order to combat the slowing metabolism people experience due to the reduced physical activity caused by the quarantine. All of the exercise can be performed at home, with very little investment in some basic gear, and are focused on keeping the body healthy and the muscles growing, without putting excessive amounts of stress on the ligaments and joints, making it adequate for beginners and intermediates alike. Author's note: After years of being a personal trainer, I had to start working

with my new clients strictly from home, whom experienced incredible results in fat-loss and a considerable amount of muscle-gain, since the start of the quarantine in Europe. Ever since, more and more beginner and intermediate people have reached out to train under my guidance, and have achieved impressive results, vividly projecting the dedication they put into the work directly onto their bodies. This led to the decision of creating a book with the essential training program I use with my clients who are stuck at home with little to no equipment. This simple and effective workout plan has proven itself through the results it has had on my distant clients, with impressive changes to their body and an overall healthy impact on their well-being, in times of crisis. If you believe that my humbly written book can help you achieve the desired body with the simplistic yet effective workout routines that were designed to be completed at home, then follow along as it would be an honor to guide YOU through the transformation!!!

hyrox workout plan for beginners: Circuit Training for Beginners Andrew Hudson, 2020-10-11 71.6% of Americans are Overweight in 2021... Keep Reading to Lose Weight and Stand Out from the Majority. Ever had to run for a bus or across the street and found yourself deeply out of breath with your hands on your knees? Even if it was just a 20-second jog, that can be enough to break a sweat and start wishing you were in better shape, I certainly know what it's like and I am sure you answered yes to the question above feeling slightly embarrassed. It is almost normal to be overweight in 2021, which is a big concern because the consequences of an unhealthy lifestyle can cause severe health problems in later life and have a detrimental effect on your mental health. There's more to losing weight than being able to run for a bus effortlessly, you will be putting yourself at less risk of disease, you will gain confidence in yourself and improve your quality of life! I know what it is like to be a part of that 71.6% and I know how hard it is to lose weight, but I followed simple advice that you will find in this book and managed to improve my quality of life by losing weight. Now as a Qualified Personal Trainer, it is clear to say the change in my lifestyle has brought the best out of me and I want to help you make that change. This book will help you make a great start to your weight loss journey. Getting started is the hardest part because you don't know what to do, you don't want to waste time, you don't want to spend money on gyms and most of all you need motivation. This book will provide you with many beginner exercise routines to follow, a starter 6-week workout plan, lots of basic dietary information and much more to get you burning fat efficiently. Although maintaining a healthy lifestyle is tough, it's necessary to make a change to your current situation. I couldn't count all of the health risks you have by being overweight with one hand, and unfortunately there aren't any magic drinks out there that will make you burn all of your fat overnight. This book mainly focuses on providing you with many basic workouts to get you on track to lose weight. By following the information in this book and putting in the work, you will be able to lose weight/burn fat at a consistent rate and maintain a healthy lifestyle for the foreseeable future. This book is for beginners and takes into consideration the restrictions that people face. My friend, with a BMI of 33.1 and osteoarthritis in both knees, managed to follow my advice to become slimmer, more confident and experience less knee pain in just 6 weeks. So, if restrictions didn't stop him, why should it stop you? This isn't just a standard exercise guide, although it is set up for 6 weeks there is enough information to help you carry it on further. Not only that but by reading this book, you'll discover: The Six-Week Starter Workout Routine to Follow from Home. How to Correctly Prepare for Exercise. The Simple Diet That Accelerates Weight Loss. An Insight on How to Adapt Your Mindset to Reach Your Goals. Many Steps on How to Leave Your Unhealthy Lifestyle Behind. 35 No-Equipment Exercises. If you continue to live your current lifestyle without making a change then your health will only get worse. Trips to the hospital are easily avoided and you really can do it even if you have something holding you back, so stop thinking about it and click "Add to Cart" Now!

hyrox workout plan for beginners: *Home Fitness Regimen Training Guide* Shawn Burke, 2021-01-17 Do you want an easy and affordable option for your daily fitness schedule? If you think maintaining fitness starts and stops at the gym, you need to think again. While going to those establishments is all well and good, they're not the be-all and end-all when it comes to keeping physically (at times, even mentally) fit. Sure, they have the fancy equipment, the trainers who can

keep you on track, and other amenities to make working out a luxurious experience. But at the end of the day, what's most important is you and how you feel. And you can keep fit just as well at home as you do in any gym. Finding Time For Fitness Is Never Easy, But Home Training Could Provide The Answer! From assembling a few pieces of basic training equipment, to setting up a complete gym in a room in your house, at-home workouts could be the key to your fitness. Discover How To Incorporate Home Fitness Programs In Your Daily Routine To Lose Weight, Get Fit And Look Good Right From The Comfort Of Your Home!!! So, here's what you are going to discover in this Advanced "Home Fitness Regimen" Info Course: A General Overview About Home Fitness Regimens Find Out How To Create Your Awesome Home Gym Explore How Muscle Growth Works Discover Everything About Using Intensity Techniques to Unlock Your Full Potential Find Out About Training Your Legs At Home Know Everything About Bodyweight Training and How to Learn Incredible Beast Moves Find Out About Introducing Cardio and Weight Loss Discover The Last Piece of the Puzzle - Diet Find Out All About The Benefits of Staying Fit Discover All About Doing It For Yourself And So Much More... Finding Time For Fitness Is Never Easy, But Home Training Could Provide The Answer! From assembling a few pieces of basic training equipment, to setting up a complete gym in a room in your house, at-home workouts could be the key to your fitness. Home Fitness entails exactly what it implies: executing your personal fitness routine while at home using a variety of different techniques. Home fitness has been in our lives for decades - and it's taken on a new role since the Covid-19 pandemic closed gyms around the world. Whether it's a yoga class on Zoom or panic-buying a Peloton, many of us are trying to find ways to exercise effectively within four walls. Whether you are looking to improve your cardiovascular system, lose weight, gain lean muscle mass, or just stay active, in-home training has a place in your life. And the benefits of staying fit are no secret: Improvements in cardiovascular and respiratory health, better regulation of blood sugar, the potential to reduce or eliminate prescription medications (such as for diabetes or blood pressure), weight loss, reduction in cancer risk, and improved musculoskeletal strength are some of the better-known. But when you're working out at home, you're responsible for the whole plan: What exercises should you do? How many reps of each? How often should you rest? Are you feeling a cardio workout? An upper-body workout? Or do you want to fit in a total body workout instead? For many of us, answering all these questions is an added stress we'd rather avoid right now. And the good news is that's something you can avoid—without skipping your workout. We are about to show you an immaculate at-home workout program that take the guesswork out for you and will give you the whole exercise plan.

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