The Best 15-Minute Beginner Workout — No Equipment Needed | Class FitSugar

<https://www.youtube.com/watch?v=GS_z6FG_jqE>

30-Minute Bodyweight Workout

https://www.youtube.com/watch?v=zejHjXjhdiY

30 minute fat burning home workout for beginners. Achievable, low impact results.

<https://www.youtube.com/watch?v=gC_L9qAHVJ8>

12 Minuten Bauch-Beine-Workout - Daria zeigt wie einfach es ist fit zu bleiben

<https://www.youtube.com/watch?v=x26MyWBJ7II>

The Best Home Workout (Beginner) in Only 15 Minutes!

<https://www.youtube.com/watch?v=9WMMVQ6Z_Bc>

20 MIN MORNING WORKOUT (NO EQUIPMENT BODYWEIGHT WORKOUT!)

<https://www.youtube.com/watch?v=IeGrTqW5lek>

Full Body Aerobic Workout Special 90min (Gewicht: 2 Wasserflaschen 1,5 liter)

<https://www.youtube.com/watch?v=fCY6SzJTZPk>