

BEGINNER PLATE WORKOUT



1
Plate Crunch
40 Secs



2
Plate Thrusters
40 Secs



3
Plate WoodChoppers
40 Secs



4
Plate Lunges
40 Secs



5
Plate High Knees
40 Secs



6
Plate Halos
40 Secs

Weight Plate Workout Manual

Robert R. Redfield



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