

# 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

**Gold's Gym**

A red, semi-circular graphic element with a gradient, positioned to the right of the Gold's Gym text.

## **Weight Plate Workout Manual:**

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