

**NEW**

# THE BEGINNER BODYWEIGHT WORKOUT

DO TWO CIRCUITS OF THE FOLLOWING

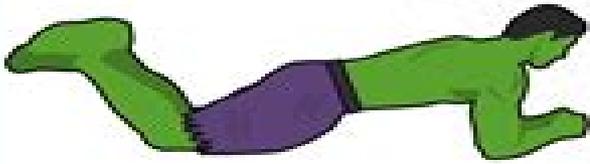


1 **10 reps**



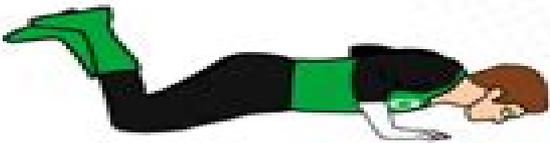
**Assisted bodyweight squats**

4 **15-30 sec**



**Knee planks**

2 **10 reps**



**Elevated or knee push-up**

5 **10 reps**



**Bodyweight good morning**

3 **10 per arm**



**Dumbbell rows**

6 **10/side**



**Walking jacks**

- In a circuit routine, you'll do each exercise in succession without a break in between (if you're able).
- Once you've finished all exercises in the circuit, do it again.
- If you're still able after the 2nd run through, go for a third.

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# Home Workout Routine Software Alternatives For Beginners In The United

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**Regulatory Program of the United States Government** United States. Office of Management and Budget,1985  
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