

NEW

THE BEGINNER BODYWEIGHT WORKOUT

DO TWO CIRCUITS OF THE FOLLOWING

NF NERDFITNESS

1

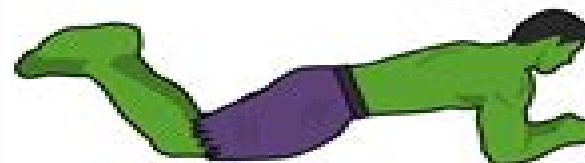
10 reps



**Assisted
bodyweight
squats**

4

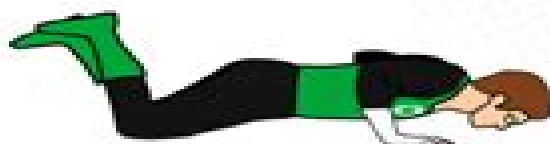
15-30 sec



**Knee
planks**

2

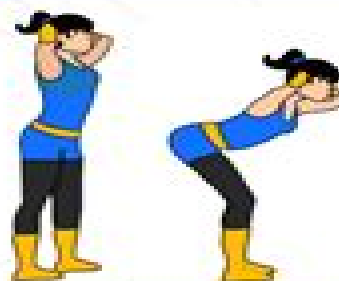
10 reps



**Elevated
or knee
push-up**

5

10 reps



**Bodyweight
good morning**

3

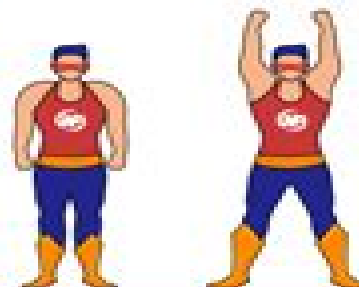
10 per arm






**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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ACCOUNTABILITY?**

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A Loxley



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