

NEW

THE BEGINNER BODYWEIGHT WORKOUT

DO TWO CIRCUITS OF THE FOLLOWING

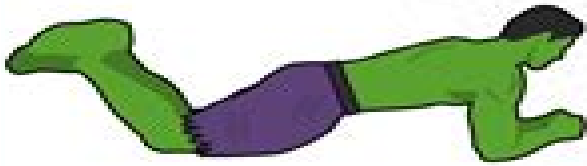


1 **10 reps**



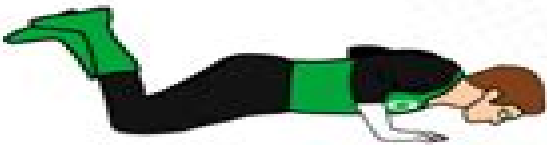
**Assisted
bodyweight
squats**

4 **15-30 sec**



**Knee
planks**

2 **10 reps**



**Elevated
or knee
push-up**

5 **10 reps**



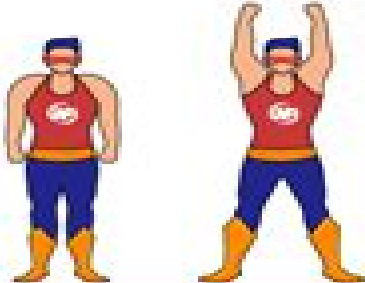
**Bodyweight
good morning**

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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