



# 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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# Simple Home Workout 2025 For Students

**M Tight**



## **Simple Home Workout 2025 For Students:**

## The Enigmatic Realm of **Simple Home Workout 2025 For Students**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Simple Home Workout 2025 For Students** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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