

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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Zhe Xu



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