



Home Workout for Beginners

No Equipment

Perform all the exercises in circuit.
Rest for up to 1 min between sets.
10-12 reps each x 3 sets **unless noted*



SQUATS

JUMPING JACKS
30 SECS



PUSH-UPS

LUNGES



DIPS

PLANK
30 SECS



Quick Home Workout For Students For Beginners

RC Schank



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