

**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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# Simple Home Workout For Students 3911 42575

**Jicheng Xie**



**Simple Home Workout For Students 3911 42575:**

## Unveiling the Magic of Words: A Overview of "**Simple Home Workout For Students 3911 42575**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Simple Home Workout For Students 3911 42575**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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