

NEW

THE BEGINNER BODYWEIGHT WORKOUT

DO TWO CIRCUITS OF THE FOLLOWING

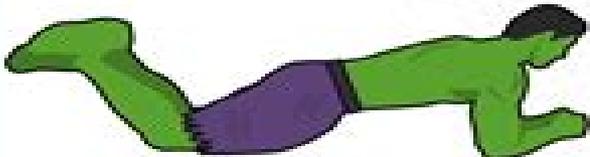


1 **10 reps**



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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Easy Home Workout For Students

AN Whitehead



Easy Home Workout For Students:

Unveiling the Magic of Words: A Review of "**Easy Home Workout For Students**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Easy Home Workout For Students**," a mesmerizing literary masterpiece penned with 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's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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