



# 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 Guide For Students

**RJ Shavelson**



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