

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 Explained For Students

N Colangelo



Simple Home Workout Explained For Students:

Simple Home Workout Explained For Students Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Simple Home Workout Explained For Students**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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