

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 Tips For Students

B Lingard



Simple Home Workout Tips For Students:

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

In a world driven by information and connectivity, the energy of words has been evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Simple Home Workout Tips For Students**, a literary masterpiece that delves deep into the significance of words and their affect 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's key themes, examine its writing style, and analyze its overall effect on readers.

<https://db1.greenfirefarms.com/About/uploaded-files/HomePages/Henry%20Viii%20The%20King%20And%20His%20Court%20Alison%20Weir.pdf>

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