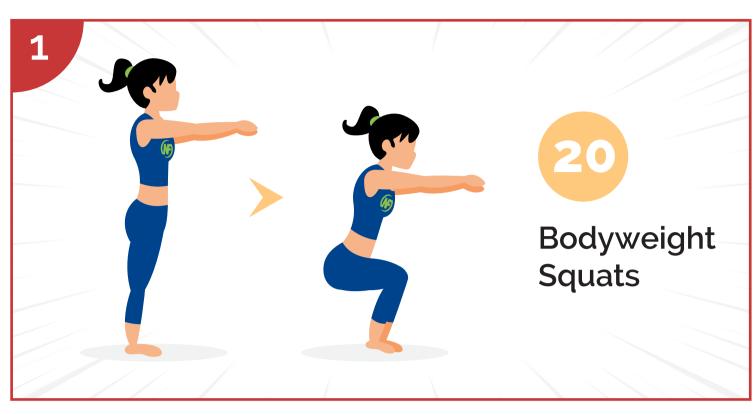
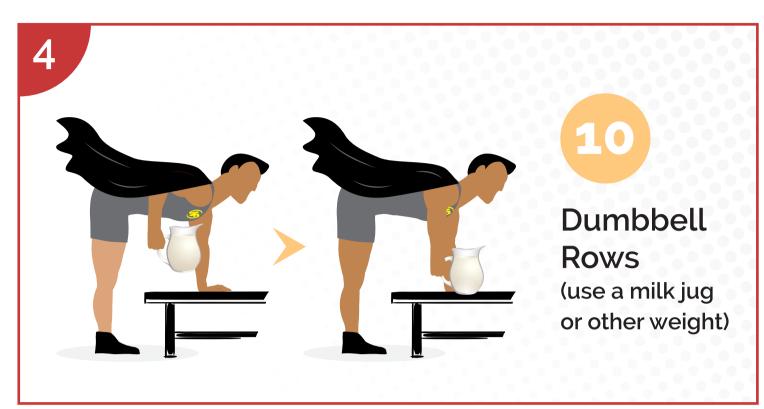


## THE BEGINNER BODYWEIGHT WORKOUT

DO THREE CIRCUITS OF THE FOLLOWING

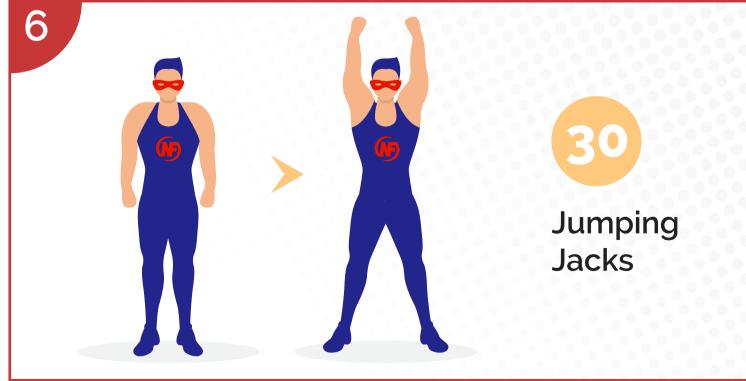














In a circuit routine, you'll do each exercise in succession without a break in between (if you're able).



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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