

THE BEGINNER BODYWEIGHT WORKOUT


DO THREE CIRCUITS OF THE FOLLOWING

1



20
Bodyweight Squats

4



10
Dumbbell Rows
(use a milk jug or other weight)

2



10
Push-ups

5




15 sec
Plank

3



10
Walking Lunges
(each leg)

6



30
Jumping 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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