NEW

THE BEGINNER BODYWEIGHT WORKOUT

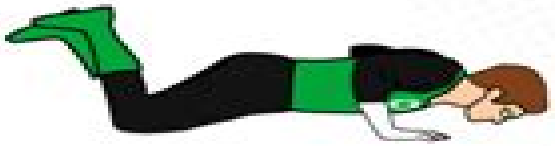
DO TWO CIRCUITS OF THE FOLLOWING

NerdFitness

1 — 10 reps

Assisted bodyweight squats

2 — 10 reps

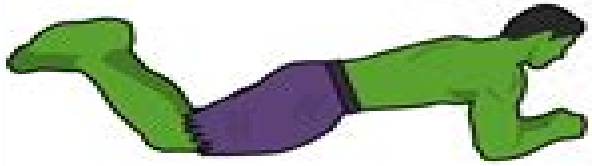


Elevated or knee push-up

3 — 10 per arm

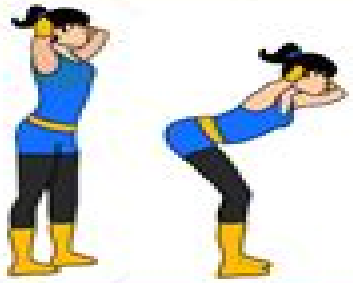
Dumbbell rows

4 — 15-30 sec



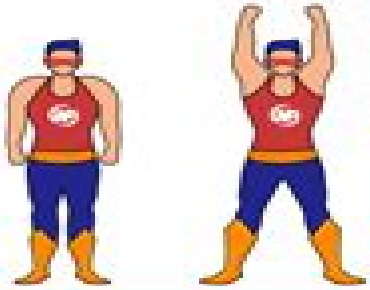
Knee planks

5 — 10 reps



Bodyweight good morning

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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