

# Beginner's Bodyweight Circuit



Perform 2-4 sets. Take as little rest or no rest between exercises. Rest for 60 seconds after each set. Perform this workout for 3-4 days a week.

## 6 Body Weight Exercises : START

1



50 Jumping Jacks

2



25 Squats

3



15 Push-ups



4



30 Lunges (15/side)

5



30 Bicycle Crunches

6



60 Second Plank Hold



Rest for 60 seconds



Repeat & Complete 2 -4 Sets

# Best Home Workout For Creators For Beginners 281

**S Marginson**



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