THE BEGINNER BODYWEIGHT WORKOUT

DO THREE CIRCUITS OF THE FOLLOWING

1. 20 Bodyweight Squats
2. 10 Push-ups
3. 10 Walking Lunges (each leg)
4. 10 Dumbbell Rows (use a milk jug or other weight)
5. 15 sec Plank
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.