



# THE BEGINNER BODYWEIGHT WORKOUT

DO TWO CIRCUITS OF THE FOLLOWING



1 10 reps

**Assisted  
bodyweight  
squats**

4 15-30 sec

**Knee  
planks**

2 10 reps

**Elevated  
or knee  
push-up**

5 10 reps

**Bodyweight  
good morning**

3 10 per arm

**Dumbbell  
rows**

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.

**NEED SUPPORT AND  
ACCOUNTABILITY?**  
[WWW.NERDFITNESS.COM/COACHING](http://WWW.NERDFITNESS.COM/COACHING)

# NEW Beginner Bodyweight Workout



**BEFORE:** Warm-up - arm circles, easy marching in place or walking around.

**AFTER:** Same as warm-up, in addition to any upper/lower stretches.

**GUIDELINES:** Go through all the exercises once, then repeat again. (If you are feeling really good - go through a third time!) You can also choose to do two sets of a single exercise, then move onto the next exercise. Record reps done and/or weight used. Do on non-consecutive days.

## DO TWO CIRCUITS OF THE FOLLOWING:

1 Assisted bodyweight squat (10 reps)

2 Elevated or knee push-up (10 reps)

3 Dumbbell rows (10 per arm)

4 Knee planks (15-30 sec)

5 Bodyweight good morning (10 reps)

6 Walking jacks (10/side)

	WORKOUT 1			WORKOUT 2			WORKOUT 3			WORKOUT 4			WORKOUT 5		
CIRCUIT	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
EXERCISE 1															
EXERCISE 2															
EXERCISE 3															
EXERCISE 4															
EXERCISE 5															
EXERCISE 6															
NOTES															

	WORKOUT 6			WORKOUT 7			WORKOUT 8			WORKOUT 9			WORKOUT 10		
CIRCUIT	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
EXERCISE 1															
EXERCISE 2															
EXERCISE 3															
EXERCISE 4															
EXERCISE 5															
EXERCISE 6															
NOTES															

	WORKOUT 11			WORKOUT 12			WORKOUT 13			WORKOUT 14			WORKOUT 15		
CIRCUIT	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
EXERCISE 1															
EXERCISE 2															
EXERCISE 3															
EXERCISE 4															
EXERCISE 5															
EXERCISE 6															
NOTES															




NERD Fitness

# 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)

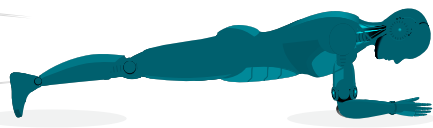
2



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.

LEVEL UP YOUR LIFE AT  
[WWW.NERDFITNESS.COM](http://WWW.NERDFITNESS.COM)

