



THE BEGINNER BODYWEIGHT WORKOUT

Tracking sheet,
videos, and FAQs!

BEGINNER BODYWEIGHT WORKOUT

Do this 2-4x per week with a rest day between each session:

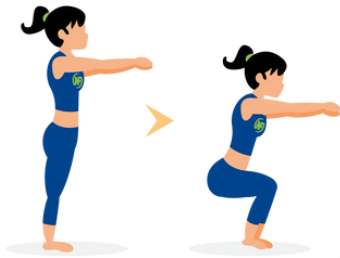
Warm up with 3-5 minutes of easy, general movement. Arm circles, brisk walk, jump rope, arm circles, leg swings, etc.

Then perform the following circuit:

Bodyweight Squats (video)

20 reps

Still getting comfortable with squats? Try holding on to a countertop or railing to assist!



Push ups (video)

10 reps

Any variation counts. Hands elevated on a countertop, from your knees, etc.



Walking Lunges (video)

10 reps each side

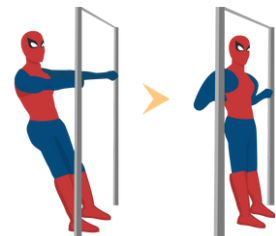
Lunges don't feel good on the knees? Try **Good Mornings** instead!



Doorway Row (video)

10 reps each side

Want to make this more challenging? Try a 1-arm row using a dumbbell, backpack full of books, suitcase, etc. instead!



Plank (video)

15 seconds to 30 seconds

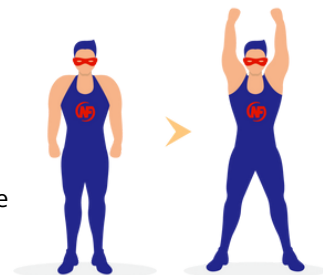
If they don't feel comfortable from the floor, try elevating your hands on a bench or countertop to start.



Jumping jacks (video)

30 reps

These can easily be swapped out for Walking Jacks (no jumping), Marching in Place, etc. to make it low-impact.



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, rest for 30-90 seconds and do it again. If you're still feeling good after a second round, go for a third.

Need to swap out an exercise? Don't worry, we got you! See **page 6** for exercise variations that you can plug and play.

Cool down with a few minutes of easy walking and some upper and lower body stretches.

Congratulations! You've just completed a full body workout you can utilize anytime, anywhere.

Next, we'll provide you with your own tracking sheet so you can see your progress over time, as well as address some frequently asked questions so you can get the most out of your workout.

Beginner Bodyweight Workout



BEFORE: Perform a 2-3 minutes of general warm-up exercises: arm circles, leg swings, marching in place, etc.

AFTER: Cool down with your favorite 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 Bodyweight Squat (20 reps)

2 Push-up (10 reps)

3 Walking Lunges (10 reps each)

4 Doorway Row (10 reps)

5 Plank (15 to 30 sec)

6 Jumping Jacks (30 reps)

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

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

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

FREQUENTLY ASKED QUESTIONS

Q: What if I don't have enough time for a full workout? What should I do instead?

A: I'm so glad you asked! Adjusting your workout so you can get something done, even on a crazy day, is one of the ways we help our coaching clients get awesome results. Here's what I would suggest:

Green Days (Lots of time/energy)	Go with your full workout. If you feel good, add a 3rd or even 4th round!
Yellow Days Some time/energy)	Focus on the biggest bang-for-your-buck movements: i.e. squats, push-ups and rows, and cut the rest out. That will cut your workout time in half.
Red Days (Low time/energy)	Have even less time? Focus on the 3 big movements, and do 1-2 rounds instead of 2-4.

Q: Can you build muscle mass with bodyweight exercises?

A: Yes! Bodyweight exercises can build muscle mass, as long as you do what's called "progressive overload." This means consistently pushing your muscles to get stronger by:

- Increasing reps.
- Decreasing your rest periods.
- Performing more difficult variations of exercises.
- Increasing your time under tension (by going slower).

Q: Is bodyweight training effective for fat loss?

A: Possibly! Bodyweight training can be great for fat loss, as long as you have your nutrition dialed in.

If you don't...then no, it won't be your magic bullet. That's because a good workout and the wrong dietary strategy won't help you lose weight. Don't worry, we've got you covered with nutrition, too.

Q: What if I can't do one of the exercises?

A: No worries, you can absolutely sub out any exercise for one that works better for you. In fact, here's a list of 18 bodyweight exercise variations to choose from.

- Wall Push-up
 - Elevated Push-up
 - Knee Push-up
 - Push-up
 - Assisted Bodyweight Squat
 - Bodyweight Squat
 - Bodyweight Good Mornings
 - Supported Lunges
 - Reverse Lunges
 - Walking Lunges
 - Doorway Row
 - Corner Tuck
 - 1-Arm Row
 - Knee Plank
 - Plank
 - Side Plank
 - Walking Jacks
 - Standing Cross-Crawl
 - Jumping Jacks
-

Q: What if I get tired? Is it OK to take a break?

A: Of course! Because all of these exercises come one after another, you're bound to get tired - and that's okay!

It's better to stop and take a break than to do an exercise incorrectly.

FINAL THOUGHTS

You've got your first workout under your belt. You've started moving. That's a big win.

The hardest part after getting started?

It's sustaining that initial momentum - especially when life gets busy.

That's one of the most common things we hear from people we work with: **that they're tired of feeling like they are starting over on their fitness goals.**

We've been there. You've already got a full schedule, and it's hard to balance work, family, and other responsibilities on TOP of building a fitness routine.

That's where **Nerd Fitness Coaching** comes in. We've helped thousands of busy nerds and professionals get in great shape and finally feel confident when it comes to fitness.

You'll get a plan that fits your busy life, and 1-on-1 support from a real human to keep on track so you **never have to start over again.**

You don't need to figure it all out alone.

We talk with each and every person to make sure our program is a good fit, or point you to one that is.

**Ready to feel confident and consistent
when it comes to your fitness?**

[Schedule your free call](#)