

# 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



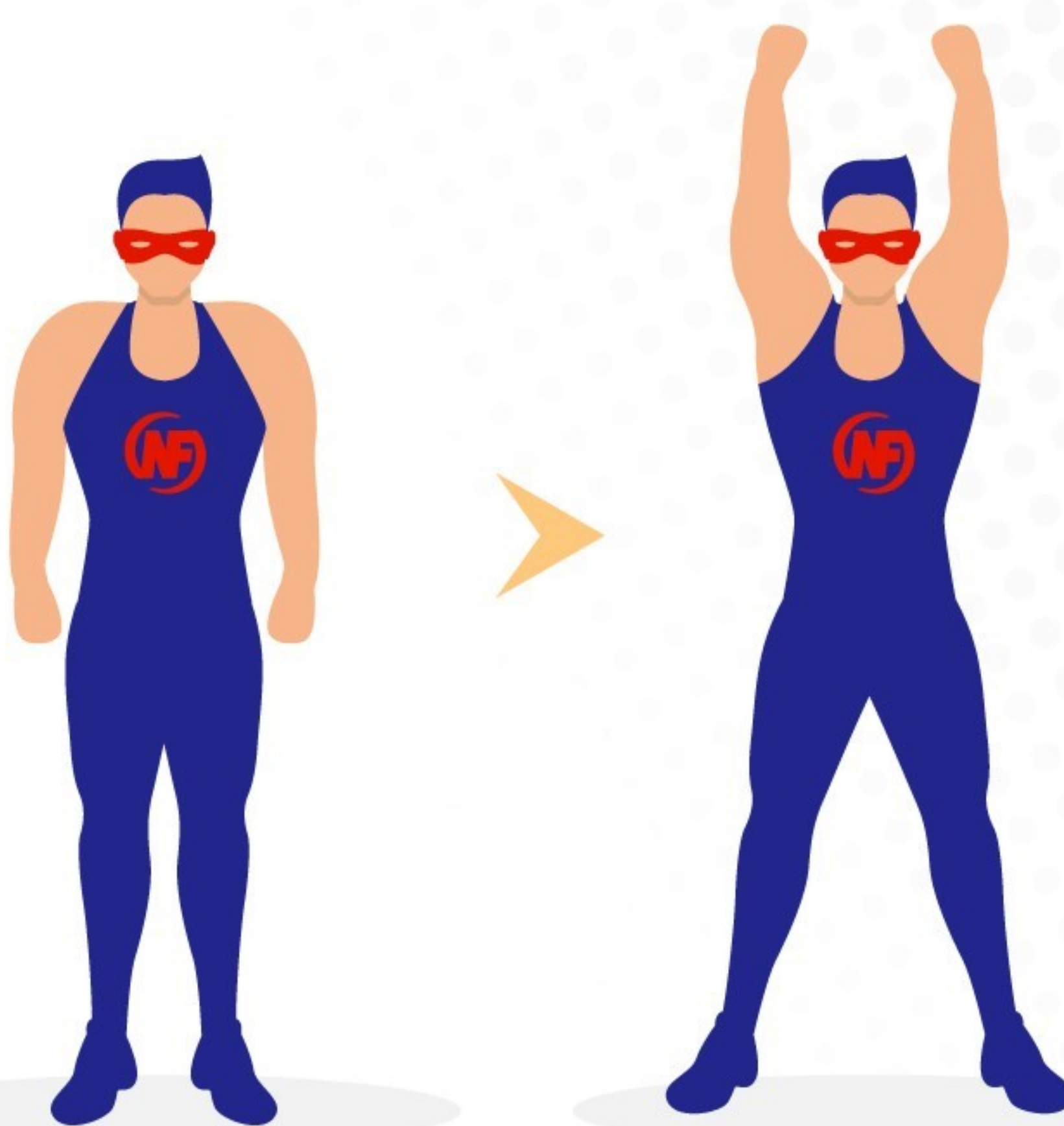
15 sec  
Plank

3



10  
Walking Lunges  
(each leg)

6



30  
Jumping Jacks