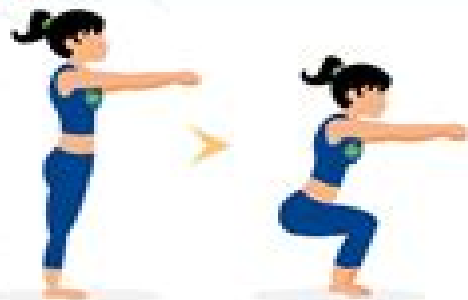


THE BEGINNER BODYWEIGHT WORKOUT

DO THREE CIRCUITS OF THE FOLLOWING

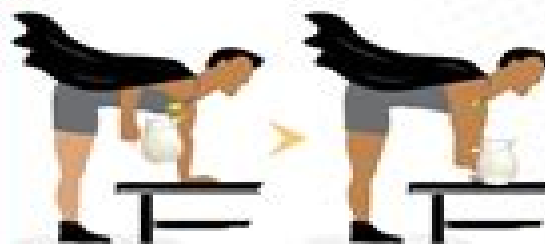
1



20

Bodyweight
Squats

4



10

Dumbbell
Rows
(use a milk jug
or other weight)

2



10

Push-ups

5



15

sec

Plank

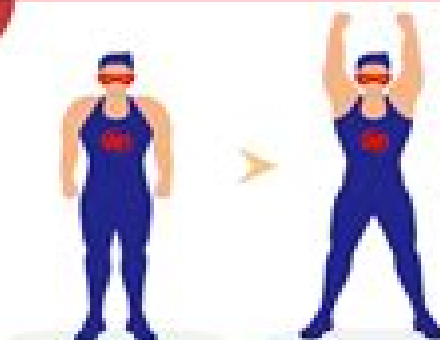
3



10

Walking
Lunges
(each leg)

6



30

Jumping
Jacks

Bodyweight Exercises The Beginners Guide To Bodyweight Training

Rosaliex D Martinez



Bodyweight Exercises The Beginners Guide To Bodyweight Training:

Unveiling the Magic of Words: A Overview of "**Bodyweight Exercises The Beginners Guide To Bodyweight Training**"

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