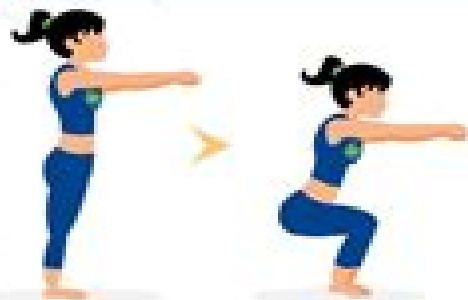


# THE BEGINNER BODYWEIGHT WORKOUT

DO THREE CIRCUITS OF THE FOLLOWING

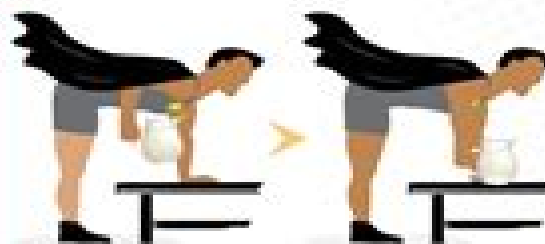
1



20

Bodyweight  
Squats

4



10

Dumbbell  
Rows  
(use a milk jug  
or other weight)

2



10

Push-ups

5



15

sec

Plank

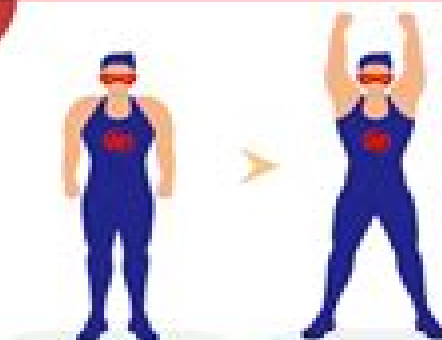
3



10

Walking  
Lunges  
(each leg)

6



30

Jumping  
Jacks

# Answer Fitness Full Body Workout

**Peterson's**



## **Answer Fitness Full Body Workout:**

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