

BEGINNER'S BODYWEIGHT WORKOUT

- LEVEL 1 -



1



2



SQUAT

Sets: 3
Reps: 12-15
Tempo: 3-1-1-0
Rest: 30 secs

1



2



JUMPING JACK

Sets: 3
Reps: 30
Tempo: Fast
Rest: 30 secs

1



2



PUSHUP

Sets: 3
Reps: 10-15
Tempo: 2-0-1-0
Rest: 30 secs

1



2



LUNGE

Sets: 3
Reps: 10 / side
Tempo: Slow
Rest: 30 secs

1



2



TRICEP DIP

Sets: 3
Reps: 15
Tempo: Slow
Rest: 30 secs

1



2



PLANK

Sets: 3
Reps: 60 secs
Tempo: Hold
Rest: 30 secs