

WORKOUT

Without machines

FULL BODY

BODYWEIGHT TRAINING FOR BEGINNERS

Bodyweight training is designed to improve both your cardiovascular endurance and muscle strength, while also burning calories quickly. After completing all the exercises in the list, rest for 60 to 90 seconds, then repeat everything for a total of 3 rounds.

The first two exercises serve as a warm-up.

It's important to always warm up and stretch before you start your workout, as this helps prevent injuries. You should allow each muscle group 24 to 72 hours to recover between sessions, especially if your muscles feel sore.

Repeat this workout 3 to 4 times per week and consider advancing to the next level depending on your own fitness.

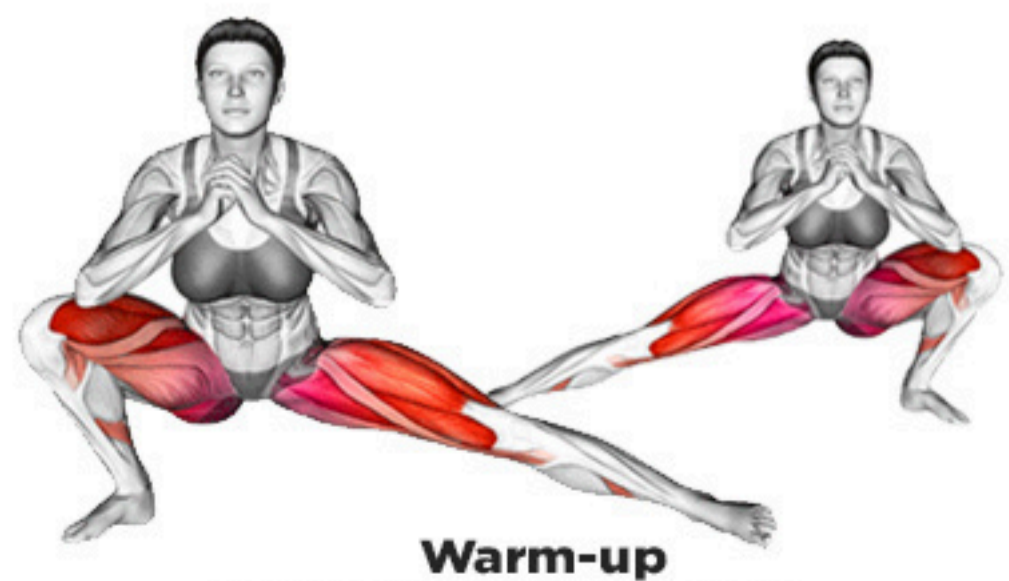
Remember to adjust the pace and stay within your own limits, taking into account your abilities and fitness level.

And don't forget: always warm up properly before your workout and stretch afterward!

ARM CIRCLES

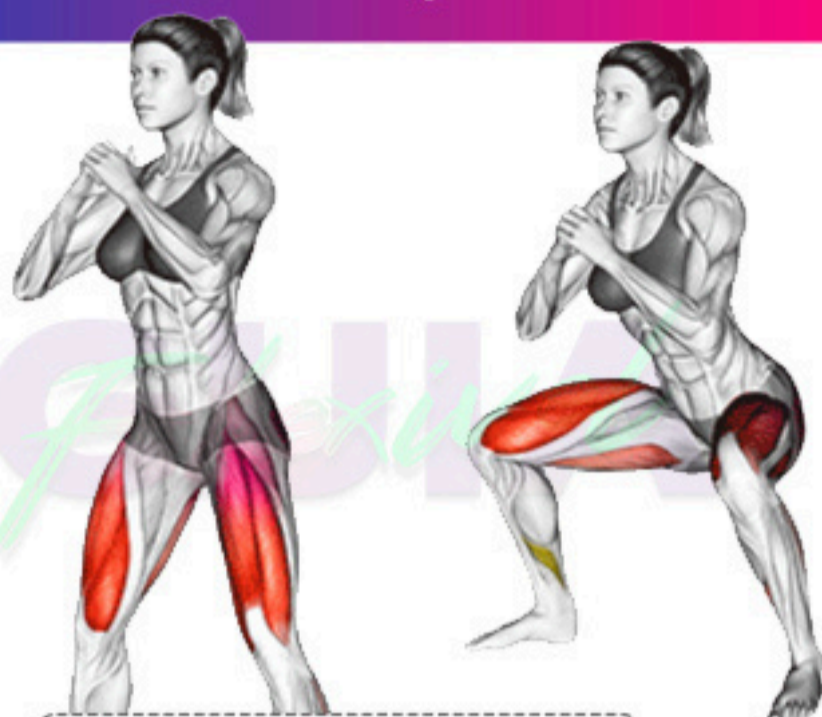


COSSACK SQUAT



FULL BODY

SUMO SQUAT



2 20 25"

PUSH-UP



2 10 25"

REVERSE LUNGE



2 10 25"

INVERTED ROW



2 10 15"

JUMPING JACK



2 15 25"

SPIDER PLANK



2 15 25"

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