

BEGINNER

FREE WEIGHT WORKOUT

The following exercises can be completed with free weights. This is a circuit, start with exercise 1 and work your way down the list and go back to the top and go through a second time to complete both sets.

GOAL = Complete 2-3 times per week
2 SETS, 15-25 reps per set

- Dumbbell Chest Press
- Two-Arm Dumbbell Rows
- Bodyweight Squats
- 2 minutes Walking /Jogging in place
- Dumbbell Chest Fly
- Dumbbell Upright Rows
- Bent Knee Bridges (both feet on the floor)
- 2 minutes Walking/Jogging in place
- Dumbbell Bicep Curls (both arms, same time)
- Tricep Bench Dips (bent knees)
- 30 second Plank
- 2 minutes Walking/Jogging in place

