

# EXERCISE

*with Style*

## Beginners Bodyweight Workout Plan PDF

Complete with a weekly schedule for training days and rest days.

### Beginner Weekly Training Schedule

The following workout schedule allows for days of rest in between each session.

Alternating days through to the following week ensures there are sufficient breaks for recovery between workouts.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Train	Rest	Train	Rest	Train	Rest	Train

## Beginner Full-Body Workout

Exercise	Sets	Repetitions	Rest Time
Plank	2	10 - 20 secs	45 - 60 secs
Squats	3	8-12	45 - 60 secs
Elevated Heel Squats	3	8-12	45 - 60 secs
Lunges	3	8-10 each side	60 secs
Push-Ups	3	8-10	45 secs
Mountain Climbers	3	30 secs	45 secs
Plank Twists	3	10-16	45 secs

**Want to maximize your bodyweight routine results? Try adding a resistance band and our 13 Resistance Band Back Exercises, Stretches, and Workout Program.**