

# Beginner Strength Circuit WORKOUTS

## Instructions:

Start off by doing 10 to 15 reps of each exercise.

Aim for 1 to 2 sets to start.

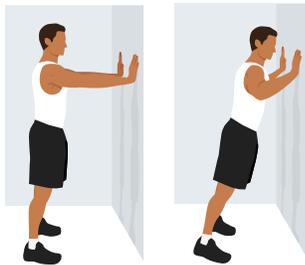
As you build strength, you can add extra sets, and increase the weight.

\*A repetition (rep) is one complete exercise movement.

\*\*A set is a certain number or reps. For instance, 10 to 15 reps make up 1 set.

## Sample Weekly Calendar

Monday



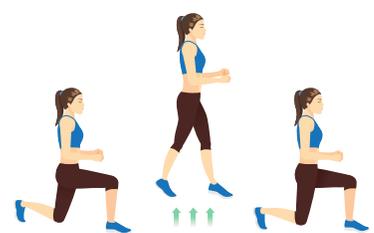
Wall Push Up

Wednesday

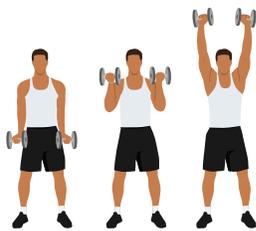


Single-Arm Rows

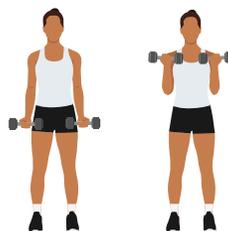
Friday



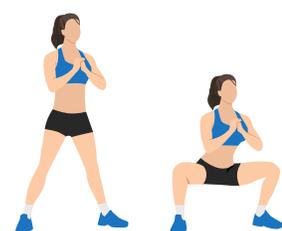
Lunges



Shoulder Press



Bicep Curl



Squats



Tricep Extension



Bicycle Crunches



Calf Raises

If you have questions about these exercises, email [15forme@enrichvisits.com](mailto:15forme@enrichvisits.com), where a certified health coach is available to provide you with additional support.