



NERD Fitness

THE BEGINNER BODYWEIGHT WORKOUT

DO THREE CIRCUITS OF THE FOLLOWING

1



20

Bodyweight Squats

4



10

Dumbbell Rows
(use a milk jug or other weight)

2



10

Push-ups

5



15

sec

Plank

3



10

Walking Lunges
(each leg)

6



30

Jumping Jacks

Top Home Workout Full Tutorial For Experts 18835

Michal Rosen-Zvi



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Forthcoming Books Rose Army,1994 **The Complete Guide to Home Workouts 2014** Ben Ince,Chris Burgess,Richard Scrivener,2014

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