



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

Simple Home Workout Guide For Beginners 31609

Siddappa N.Byrareddy



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Home Fitness Blueprint Alexis Harding,2026-01-19 Do you want to get fit build strength and stay consistent without going to the gym Home Fitness Blueprint is a practical beginner friendly guide designed to help you train effectively at home even if you have limited time space or equipment No complicated routines No unrealistic promises Just a clear step by step system you can actually follow This book is perfect for anyone who wants to improve their fitness in a simple sustainable way right from their living room What You ll Learn Inside This Book How to set up a safe and motivating home workout space Beginner friendly bodyweight exercises that actually work Simple cardio routines you can do without equipment How to build strength improve posture and protect your joints A realistic weekly workout plan you can adapt to your lifestyle Basic nutrition principles that support your training How to stay motivated and consistent long term Bonus Three complete at home workout plans with step by step exercise explanations Whether you re starting from zero or getting back into shape this guide shows you how to make home fitness practical enjoyable and effective Why This Book Is Different Unlike extreme programs or confusing fitness manuals Home Fitness Blueprint focuses on what truly works Consistency over intensity Clarity over complexity Progress that fits your body and your schedule No gym membership No fancy machines No pressure Just practical guidance to help you move better feel stronger and build healthy habits that last Who This Book Is For Beginners who want a safe place to start Busy adults looking for effective workouts at home Anyone who prefers training without a gym People who want structure without rigidity If you want a realistic maintainable approach to fitness this book is for you Start Your Home Fitness Journey Today You don t need perfect motivation you need a simple actionable plan Scroll up download your copy and take the first step toward a stronger healthier body right at home *The Home Workout Plan for Beginners* Dale L Roberts,2019-02-06 Workout at Home with this Exercise Program for Beginners Are you ready to finally start working out but don t know where to begin Wouldn t it be nice to get a simple exercise program you can do from the comforts of your home Then *The Home Workout Plan for Beginners* has what you need without any filler No more fooling around with fad diets trendy workout programs or questionable weight loss theories You need sound advice on the fundamentals of working out with proven results and credible resources *The Home Workout Plan for Beginners* gives everything you need to start your new healthy lifestyle on the right foot and continue to even better health and fitness In *The Home Workout Plan for Beginners* you ll discover Why you don t have to kill yourself for impressive results How short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don t have Easily

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A Complete Guide to At-Home Workouts: Tips, Equipment & Fitness Exercises Bob Babson, 2025-07-15 A Complete Guide to At Home Workouts Tips Equipment Fitness Exercises by Bob Babson Description Get fit stay strong and feel your best right from home Whether you're a beginner or looking to upgrade your home fitness routine this complete guide helps you create effective efficient workouts without the need for a gym From bodyweight moves to simple gear suggestions you'll find everything you need to start and stay motivated Inside you'll discover Easy to follow workouts for strength cardio flexibility and balance How to choose affordable space saving home workout equipment Sample workout plans for weight loss toning and general fitness Tips for staying motivated tracking progress and avoiding injuries Adaptable routines for all levels from beginner to advanced Quick workouts for busy schedules including 10 minute circuits Bonus Stretching and recovery techniques for overall wellness This is your go to fitness companion for staying active energized and confident no gym required *7-DAY HOME WORKOUT CHALLENGE* Kushal Sarkar, 2026-02-22 7 Day Home Workout Challenge No Equipment Needed Looking for a simple home workout plan for beginners that doesn't require gym equipment The 7 Day Home Workout Challenge is a beginner friendly fitness guide designed to help you build consistency improve strength and boost energy all from the comfort of your home If

you have No time for the gym No workout equipment Low motivation Beginner confusion about where to start This book gives you a clear structured 7 day workout plan that is easy to follow and safe for beginners Inside this guide you ll discover A complete 7 day home workout routine No equipment exercises for small spaces 15 20 minute daily workouts Full body lower body upper body core sessions Active recovery guidance A printable progress tracker Simple fitness rules for beginners This program focuses on building habits not extreme transformations You won t find complicated exercises or unrealistic promises Instead you ll learn how to Start working out at home Build discipline Improve stamina Increase confidence Create a sustainable fitness routine Whether you re just starting your fitness journey or restarting after a long break this no equipment workout plan helps you take action one simple day at a time Your fitness journey doesn t begin with intensity It begins with consistency Start your 7 day challenge today

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