



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

# How To Use Home Workout Guide For Workers

**J Ma**



## **How To Use Home Workout Guide For Workers:**

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web the opening prayer should always include the following 1 praise to god for the opportunity to meet and for the attendance of everyone present 2 a request for guidance especially for the teacher so that the word of god can be shared in a meaningful way 3 asking the children to be open to learning the word of god and to invite the holy

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web may 14 2022 dear god we come before you today to celebrate the graduation of our preschool children we thank you for their wisdom their patience and their love may they continue to grow in your grace and joy as they enter the world of kindergarten

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web prayer for graduation day preschool let us unite our hearts in prayer and entrust to the hands of the lord those who will

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web holy lord god please extend your power and grace to this sweet child heading to kindergarten watch over them with your mindful eyes keep them safe from harm and hurt help this child to be a generous and loving classmate teach them to be helpful to their classmates guide them with the inspiration to share and listen and learn

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web prayer for graduation dear lord may this graduation day be a celebration of your life within us we give you all the learning the skills and the hard work of these years we pour out our gifts into your hands may we hold this memory in our heart as we continue on our adventure father may we live a life that reveals your hope and be guided

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web may 8 2018 prayers for my girl on your kindergarten graduation sweet lillian we ve come a long way this kindergarten year you and i have learned so much we ve grown we ve cried and we ve moved bedtime around to find the right fit more importantly we ve succeeded in passing your first year of school you re ready for first grade and

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web amen almighty god thank you for the wonderful time we have had learning and studying here

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